

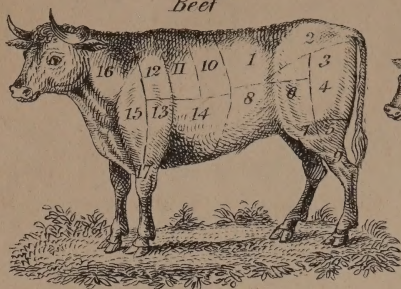
Dr. Vitchener in his Cook's Oracle
1827. has copied some receipts from
this book.

This book was printed after 1819
& before 1827.

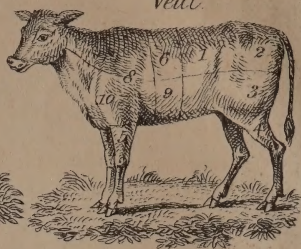
The names of the some of the drugs
mentioned are old & obsolete &
date from the previous century.
or early part of the 19th.



Beef



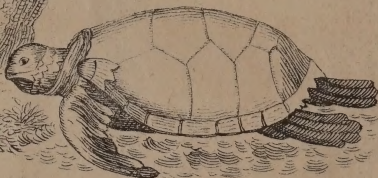
Veal



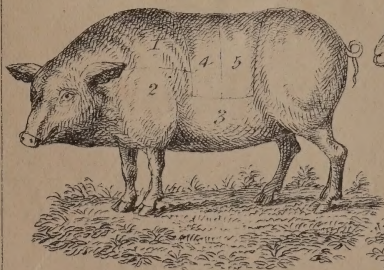
Veruson



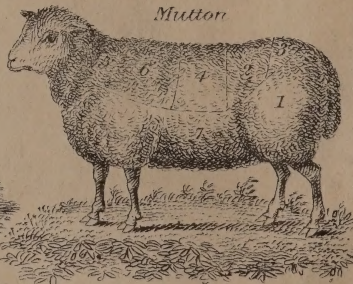
Turtle



Pork



Mutton



THE

DOMESTIC ORACLE:

OR,

A COMPLETE SYSTEM OF

MODERN COOKERY AND FAMILY ECONOMY

CONTAINING

Directions for Purchasing, Keeping, and Dressing

ALL KINDS OF

BUTCHER'S MEAT, FISH, POULTRY, AND GAME.

The most Approved Methods of Making Sauces, Gravies, Broths, and Soups;—Instructions for Trussing and Carving;—Precepts for Potting, Collaring, Pickling, and Preserving;—the Art of Pastry and Confectionery;—Rules to be Observed in Baking Bread and all Sorts of Cakes;—Practical Information on Brewing Malt Liquor, and the Composition of British Wines and Cordials;—the Best Modes of Making Butter and Cheese;—and Experimental Advice on Breeding, Rearing, and Managing Domestic Fowls, Rabbits, and Swine.

To the whole are added

HINTS TO MASTERS AND INSTRUCTIONS TO SERVANTS;

OBSERVATIONS CALCULATED TO DIMINISH EXPENSE, AND TO PROMOTE COMFORT IN HOUSEKEEPING;

MONITIONS FOR THE PRESERVATION OF HEALTH

AND A

COPIOUS COLLECTION OF RECEIPTS,

FOR FAMILY PURPOSES AND OCCASIONAL CIRCUMSTANCES.

The whole drawn from the best sources, and the experience of forty years

By ALEXANDER MURRAY, M.D.

LONDON:

Printed for the Publisher.

MURRAY'S
ELEMENTS OF COOKERY
AND
DOMESTIC ECONOMY.

GENERAL DIRECTIONS ON MARKETING.

BUTCHER'S MEAT.

IT is a rule with some families to contract for butchers' meat at a stated price throughout the year: but though this may be a convenient practice in some places, and under particular circumstances, it is in general more advisable to purchase those articles of provision, as well as fish, poultry, and vegetables, in the market, where of course there is a greater choice, to say nothing of cheapness. It may, however, be considered as a fixed principle, that the best of the kind goes farthest, cuts out to most advantage, and affords greatest satisfaction at the table. Round of beef, fillet of veal, and leg of mutton, being the most profitable joints, are to be preferred, on account of the quantity of solid meat which they contain; and which, therefore, will more than compensate for the difference in price between them and the coarser parts; but these last should also be bought occasionally, not only for the sake of economy, but as furnishing a variety of palatable food.

One of the first requisites in housekeeping, is, to be acquainted with the different parts of the carcasses of animals, and also with the best mode of ascertaining the qualities of provisions, to prevent being imposed upon. An attention, therefore, to the following rules, is recommended.

Beef.

The carcass of the bullock consists of two divisions. The first is the fore-quarter, which contains the clod, marrow bone, shin, and sticking piece, or the neck end; the neck, which is called the leg-of-mutton piece, has with it part of the blade bone, then come the chuck, the brisket, the fore ribs, and the middle rib, commonly termed the chuck rib; all these are usually considered as the coarse parts of beef. The next is the hind-quarter, which consists of the sirloin and rump, the thin and

thick flank, the veiny piece, the aitch or edge bone, the buttock, and the leg. These are the principal parts, besides which there are the head, tongue, and palate; the entrails consisting of the heart, sweetbreads, kidneys, skirts and tripe, of which last there are three sorts, the double, the roll, and reed tripe, which all undergo a necessary process before they are offered for sale. In choosing beef, observe that young ox flesh has a fine, smooth, open grain, the colour is of a pleasant red, the fat is rather white than yellow, and the suet is still whiter, and particularly firm. Cow beef is of a closer grain, and the fat, except where the animal has been fed with oil-cake, is whiter than that of the ox; but the colour of the lean is of a paler red. In both the cow and the ox, if the flesh be young and tender, it will be elastic, and on being pressed with the finger will spring up again instantaneously, while old meat, on the contrary, retains the impression for some time.

Bull beef is of a much deeper hue, a closer grain, and a firmer texture, than either of the former; insomuch that it is difficult to make any impression at all upon it with the finger, especially if the animal is old, in which case also the flesh smells strong and offensive. Ox beef is the largest and best of all; but in small families, heifer beef will be found profitable and excellent, if the animal has been properly fed. Old meat may be quickly known by a horny kind of substance running along the ribs, the hardness of which will be in proportion to the age. Bull beef is very difficult of solution in the stomach; to remedy which, in old times the animal was baited by dogs, or hunted by men. Ox beef is a wholesome and nutritious food, and readily digested by persons in health. Rumps and aitch bones of beef are often bruised by the blows given to the cattle by the drovers; therefore, as those parts are liable to taint in such cases, be careful not to purchase joints where bruises appear. The flesh of cattle that are killed when full of food soon spoils. They ought, therefore, to be kept fasting twenty-four hours in winter, and double that time in summer, previous to being killed.

Veal.

In a calf, the fore-quarter contains the shoulder, neck, and breast; the hind-quarter consists of the leg, knuckle, fillet, and loin. The head and entrails are called the pluck, and the latter consist of the heart, liver, lights, nut, and sweetbreads, of which there are two, called the throat and the windpipe sweetbread.

In judging of the quality of veal, observe the vein in the shoulder, for if the colour be of a bright red, or bluish cast, the animal has been recently killed; but if it look greenish, yellowish, or blackish, or feels more than usually clammy and

limber, it is stale. If there are upon it any greenish spots, it is either already, or soon will be, tainted. Should it have been wrapt up in wet cloths, it will soon become musty; on which account it is necessary always to examine it by the smell. The first part that becomes tainted is the loin under the kidney; and the flesh, when stale, will be soft and slimy. The neck and breast are first tainted at the upper end, in which case the flesh has a dirty yellowish, or green appearance, and the sweetbread will feel particularly clammy. The leg, when lately killed, will feel stiff at the joint, but if stale, it will be limber, and the flesh discoloured with greenish or yellowish spots. The flesh of a bull calf is of a firmer grain, a livelier red, and the fat more curdled than that of a cow calf. In choosing a calf's head, be careful to examine the eyes, for if they are sunk into the sockets, or are wrinkled and dull, it is stale; but if, on the contrary, they are full and lively, it is fresh and good.

Mutton.

Britain is pre-eminent in the excellence of its sheep, of which there are several varieties. Those of Lincolnshire are large and long, the fat strong, and the lean coarse. The Leicestershire breed, which has been improved by intermixture, obtains most credit in the London markets; but for delicious flavour, the Southdown mutton is in greatest request among epicures.

In a sheep, the fore-quarter consists of the neck, breast, and shoulder; as the hind-quarter does of the leg and loin. The two loins undivided are called a chine, or saddle of mutton, which, when small and fat, is accounted a prime dish. The other parts of the carcass are the head and pluck, consisting of the liver, lights, heart, sweetbreads, and melt.

In choosing mutton, pinch the flesh, and if it feels tender and elastic, it is young, but if it wrinkles and continues so, it is a sign of being old. The fat of young mutton will easily separate from the lean, but not so when old; besides which, the one will be firm in consistence, and the other clammy and fibrous. The fat of ram mutton is particularly stringy, the grain of the meat is close, and of a deep red colour, and when pressed with the finger it will not rise again. The flesh of a sheep that has had the rot, will be pale, the fat of a deadly white, inclining to a yellowish colour; the lean will be loose at the bone, and upon being squeezed, will exude a watery appearance on the surface. Observe also, that wether mutton is the better for age; and that the flesh of the ewe is to be distinguished from every other, by the peculiar delicacy of its texture, and the paleness of its colour. Beef, veal, and mutton, are always in season.

Lamb.

A fore-quarter of lamb consists of the shoulder, neck, and breast, in an undivided state. The hind-quarter contains the leg and loin. The other parts are the head and pluck, consisting of the liver, lights, heart, nut, and melt; and the fry, which is formed of the sweetbreads, stones, and skirts, with some of the liver.

Though lamb is to be had generally throughout the year, the prime season, or that for house lamb, is from Christmas to March. Grass lamb comes in about the latter end of April or the beginning of May, and continues till the end of August.

In choosing a fore-quarter of lamb, observe whether the vein in the neck be of a muddy or an azure colour, for in either case it is fresh; but a yellowish tinge indicates that it is tainting, and a greenish cast shews that it is already so. To judge of the hind-quarter, smell under the kidney, and feel also whether the knuckle be stiff, for if the former has a faint disagreeable scent, and the latter is limber, the flesh is stale. For choosing a lamb's head, observe the same directions as in that of a calf.

Pork.

In a hog, the fore-quarter is the foreloin and spring, but if the animal is remarkably large, a spare rib may be cut off. The hind-quarter consists of the leg and loin. The harslet or haslet contains the liver, heart, craw or lights, kidneys and skirts, the whole of which, mixed with sage and sweet herbs, pepper, salt, and spice, is rolled in the caul and roasted. The head constitutes a separate dish, either whole or divided; besides which, there are the chitterlins or guts, which, when cleansed, are used for sausages and black puddings.

A bacon hog, which is cut up differently for making hams, bacon, and pickled pork, has spare-ribs, chines, griskins, and fat for lard. The liver and craw are by some fried with bacon; and the feet or pettitoes, as also the ears, are good when soured.

In choosing fresh pork, pinch the lean between your finger and thumb, and if it breaks, and feels soft and oily, or if the skin is easily nipped, it is young; but on the contrary, if the lean be rough and hard, and the skin tough, it is old. A thin rind is a particular recommendation of all pork.

The flesh of a boar may be known by its hardness and roughness, the thickness of the skin, the fibrousness of the fat, the dark red colour of the lean, and the rank scent of the whole. To determine whether pork is fresh or stale, try the legs and hams at the bone, for there it is that the taint always begins, and it may easily be ascertained by the smell; besides

which, the skin will feel clammy and moist when stale, but smooth and cool when fresh and sweet. Measly pork is very unwholesome, and may at once be distinguished by the fat being full of kernels, which never occur in sound pork. Country, but particularly dairy-fed pork, is preferable to all others, and that of still-houses is the worst. Observe, that a sucking pig cannot be dressed too soon after it is killed.

Bacon.

The fat of bacon, when good, is firm, with a reddish tinge; and the lean, which is of a lively colour, adheres closely to the bone; but if there are yellow streaks in it, the same is a sure sign of rust and decay. The rind of young bacon is thin, and that of old the contrary.

Hams.

To know whether a ham is sweet, stick a knife under the bone, and if it be good the smell will be pleasant, but if bad, the scent will be offensive. Observe also, that the best hams are short in the hock.

Brawn.

This is an old English word for flesh in general, but it is now applied to the rolls made of that of the boar. Among the ancient works on cookery, we meet with brawn of capons, and in the "Form of Cury," a directory for good living, composed in the reign of Richard the Second, the "brawne of swyne" is particularly mentioned. To choose this article, observe whether the rind be soft, for if so it is young, but if thick and hard, it is old. Should the rind and fat, however, be more than usually tender, it is not boar, but sow or barrow brawn.

Venison.

Buck venison continues in season during the months of June, July, August, and September; and doe venison in October, November, and December. In the choice of venison, observe whether the fat be thick, bright, and clear, and the clefts are smooth and close, in which case the animal is young; but if the clefts are very wide and tough, it is old. Venison begins to taint at the haunches and shoulders, to ascertain which, run a knife into those parts, and on smelling it, if the scent be sweet you may conclude that the meat is fresh, but if strong, the reverse. Should there be any greenish or yellowish spots upon the surface, or its general appearance be of a blackish cast, the flesh is certainly tainted.

POULTRY AND GAME.

Turkeys.

It is remarkable, that a bird so tender to rear in England as the turkey, should abound in the woods of Canada, whence it originally came, and where the ground for many months in the year is covered with snow. In that country also it is much larger and more beautiful than in Europe. It is, however, one of the most valuable appendages to a farm yard, for when reared, it is not only hardy, but fed at little expense. Some turkeys, especially those of Norfolk, which are the best in the kingdom, weigh from twenty to thirty pounds. They are in season from December to the end of February.

In choosing a cock turkey, observe whether the spurs are short, and the legs black and smooth, in which case he is young; but if the spurs are long, and the legs pale and rough, he is old. If the bird has been long killed, the eyes will be sunk, and the feet feel very dry; but if fresh, the one will be lively and the other limber. In examining the hen, the same signs must be attended to, and if she be with egg, she will have an open vent, but if not, a close and hard one. The newness or staleness of Turkey poults will be determined in the same way, and as to age, there can be no mistake.

Fowls.

If a cock be young, the spurs will be short and dubbed, but if they are sharp, long, and stand far out, he is old. Care must be taken to see that the spurs have not been scraped or pared down, for that is a frequent practice with higglers and poulterers to impose upon the unwary. If the fowl has been lately killed, the vent will be hard and close, but the contrary will be the case when he is stale. Nearly the same rules are to be observed in regard to a hen; which, if old, her legs and comb will be rough, but if young, they will be smooth. Pullets are most delicious when full of egg, and just before they are about to lay. Chickens, if they have been pulled dry, will be stiff when new, but when stale they will be limber, and their vents appear green. If they have been scalded, or pulled wet, on rubbing the breast with your finger and thumb, you will ascertain whether they are new by their feeling rough and stiff; whereas, if they are smooth and slippery, it is a sign that they are stale. A young capon may be known by the smoothness of the legs and the shortness and bluntness of the spurs. A true capon is ascertained by a fat vein on the side of the breast, a thick belly and rump, and a short and pale comb. If it be new, it will have a close hard vent; but if stale, the vent will be open and loose.

Geese.

Besides the domestic goose, which needs no description, there are the wild goose and the bran goose. The plumage of the former, which is smaller than the tame one, is of a dark ash colour on the upper parts, and of a dusky white on the breast and belly. The bran goose is a bird of passage, and visits Lincolnshire chiefly from the beginning of autumn, and continues till May. It resembles the preceding bird in colour, and also in weight, which is generally about six pounds. In choosing a goose, either wild or tame, observe whether the bill be yellowish, and the body has few hairs, in which case the bird is young; but if the bill and feet be red, and the body hairy, it is old: when new, the feet will be limber, and when stale, they will be dry and stiff. Tame geese come into season after harvest, and continue till January; but they are deemed in greatest perfection in autumn, and most families have one dressed on Michaelmas day, therein following a custom which has subsisted from time immemorial in England, where,

by right divine,
Geese are ordain'd to bleed at Michael's shrine.

They are then commonly called stubble geese, from the improvement which they receive in feeding on the scattered leavings of the harvest in the corn fields. Young ones of three or four months old are termed green geese.

Ducks.

In choosing ducks, whether tame or wild, observe whether they are hard or thick on the belly, for if so, they are fat; but if thin and lean, they are poor: when newly killed the feet are supple, but when stale they are dry and stiff; those of a tame duck are thick and yellowish, those of wild ones are small and reddish. Both kinds should be picked dry; but ducklings must be scalded.

Pigeons.

These birds should be very fresh; therefore, observe, that if the vent is discoloured, and the parts about it are flabby, the pigeon is stale; if the feet are harsh and dry, the bird is old, but if supple, it is young. Tame pigeons are larger than wild ones, and are generally preferred to them. They should be fat and tender; but many persons are apt to be imposed upon in regard to the size, because a full crop is as large as the whole body of a small pigeon.

Bustards.

The bustard is the largest land bird in England, but the weight varies from ten to forty pounds. The head and neck

are of an ash colour; the back is marked with dark stripes; the belly is white, and the tail variegated with broad, red and black stripes. The bustard is not so common as it was formerly, owing chiefly to the enclosures. Its principal haunts are Salisbury plain, the Dorsetshire hills, and the heaths of Cambridgeshire and Sussex. It is gregarious, and large flocks of fifty or sixty may sometimes be seen together. The food of these birds consists chiefly of berries that grow among the heath, and the earth worms, which before sunrise appear in vast numbers on extensive downs. The bustard is uncommonly shy, and very difficult to be shot, because sentinels are always on the look-out, to apprise the flock of approaching danger. When grown fat, however, and heavy, they are hunted, and easily taken by greyhounds.

Bustards are to be chosen in the same manner as turkeys; only observing that the hen is not above half the size of the cock, and that the top of her head is of a deep orange colour, with black lines across.

Pheasants.

The hen pheasant is most valued when with egg, in which state the vent is soft; but if this happens to be open and green, she is stale, and the same is the case if the skin peels when rubbed hard with the finger and thumb. The cock pheasant only has spurs, which, when the bird is young, are short, blunt, and round; but if old, they are long and sharp. The feet of pheasant poults, when new, are supple, and the vents white and stiff; but when stale, the former are dry and the latter green.

Guinea Fowls.

These remarkable birds unite the character and properties of the pheasant and turkey. The hen is about the size of the common fowl, but stands higher upon its legs, and the back is curved, with the tail bending downwards like the partridge. The Guinea fowls are gregarious in their native state, but when domesticated they associate completely with the common kinds, and may therefore be judged, in regard to age and freshness, by the same signs. The egg of the Guinea hen is uncommonly hard, but peculiarly delicious.

Partridges.

There are several varieties of these birds, and it is said that they will live twenty years. The common distinctions are two, the red and the gray; the former, which are the largest, often perch upon trees; but the latter, which are the most common in England, always sit on the ground. They are both in season at the same time with pheasants and other game. When

young, the legs are of a yellowish brown, and the bill of a dark colour. If fresh, the vent of the partridge will be firm, but if stale it will have a greenish look, and the skin will peel on being rubbed. Old birds may be known by the whiteness of the bill, and the blueness of the legs. When a person receives partridges of this description, he should snap their legs and draw out the sinews by pulling off the feet.

Woodcocks and Snipes.

These are migratory birds, though the latter sometimes breed in the northern parts of our island. Woodcocks are accounted best about a fortnight or three weeks after their first appearance, which is generally on the setting in of winter. If they are fat and in good condition, they will feel firm and thick; the vent will be plump and hard, and a vein of fat may be traced along the breast; but a lean bird will be the reverse, and its vent in particular will be thin. When lately killed, the feet will be supple, and the head and throat clean; but the contrary signs shew that the bird is stale.

Plovers.

There are two kinds of these migratory birds, the golden plover, and the dottrel. The former is mostly found in the western islands of Scotland, and the latter in Lincolnshire and adjacent counties. They appear in small flocks, from April to the middle of July, during which time they are extremely fat, and thence are accounted delicious eating. In September they may be seen on the downs of Berkshire, Wiltshire, and Dorsetshire, but their winter retreat is unknown. In choosing plovers, observe the vent, which is hard when the bird is fat, and the contrary when lean; if stale, the feet are dry, and in other respects the same rules will apply to them as to other fowl. Plovers will keep a long time.

Besides these, there are various birds of passage, which afford amusement to the sportsman, profit to the fowler, and luxury to the epicure; to all of which the same tests may be applied as those already noticed. The principal of these occasional visitors are, shovellers, wheat-ears, ruffs, quails, teal, widgeon, and land and water rails. In addition to these, our tables are furnished in season with moor game, black, red, and white, which are all natives of the northern parts of the kingdom, and the mountains of Wales. Of these birds, the chief are the grouse, which are in season during the last three months of the year. The most remarkable distinction of this delicate and tender bird, which is now becoming very scarce, is a scarlet skin above the eye. A full-grown black cock will weigh nearly four pounds. It is found on the moors of Yorkshire and Westmoreland, the highlands of Scotland, and the interior

of Wales. When fresh, the feet are limber; when stale, they are hard and dry; thick and firm on the belly when fat, and thin and flabby when lean.

Hares.

These animals are in season from September to April. In judging of the goodness of a hare, observe that if the claws are blunt and rugged, and if the cleft in the lip spreads much, it is old; but the contrary appearances are a proof that it is young. When fresh and lately killed, the flesh will be white and firm; but if stale it will be limber, and in many parts assume a darkish look. A leveret may be distinguished from a full-grown hare, by a knob or small bone near the foot of the fore-leg, which is only to be found in the young animal. In regard to freshness, the same rule applies to both. Leverets are in season when old hares are not.

Rabbits.

There is no affinity between the hare and the rabbit, except in a general resemblance. If the latter is old, the claws will be long and rough, and gray hairs will appear intermixed profusely in the fur; but if the animal is young, the claws will be short and smooth, and the fur clean. The flesh, if stale, will be limber, and have a bluish cast, with a slimy appearance; but if fresh it will feel firm, and look white and dry. Rabbits, whether wild or tame, are always in season.

FISH.

Where fish can be obtained fresh from the boats, it will have a manifest superiority over that which has undergone the various processes employed in shops and markets, to give it a tempting appearance. In choosing all kinds of fish, take it as a standing rule, that if the gills smell well, are of a fine red colour, and hard to open, if the fins are erect, and the eyes lively and prominent, they are fresh; but if otherwise, they are stale.

Salmon.

This fish is chiefly confined to northern climates, but in all parts of Europe where it is found, the size is nearly the same, from twenty to forty pounds. The flesh, when first killed, is not so red as it is after being boiled or salted. It abounds with volatile salt and oily particles, which render it nutritive, strengthening, and invigorating; but if eaten too freely, it occasions indigestion. Salmon should be kept a short time

before it is dressed; and it is commonly better in the London market than in those parts where it is first caught. The Severn and Thames salmon are accounted the best at Billingsgate. The prime season is from April to June. When raw, the flesh, but particularly the gills, is of a fine red colour; the eyes and scales are bright, and the entire fish is stiff. Those with small heads and thick necks are reckoned the best. Pickled salmon, to be good, must have the scales stiff and shining, the flesh oily to the touch, and parting into flakes without breaking; devoid of these qualities, it is unwholesome.

Salmon-Trout.

This fish differs from the salmon in having the tail less forked, and in seldom exceeding the length of twenty inches; its flesh also is paler, and less delicate, both to the sight and palate. The salmon-trout migrates as the other does from the sea, up the rivers to spawn, and then returns to the salt water again. It is in season during the whole summer, and may sometimes be taken by angling.

Common Trout.

The colour of this fish, as well as its flavour, varies exceedingly in different waters. The body is long, the head short and roundish, the tail broad, and the mouth large. It seldom exceeds four pounds in weight, and in general is much less. The flesh is extremely fine. There is a species called the white trout, the flesh of which, when dressed, becomes perfectly red, and it is more valued for its delicacy of flavour than the former.

The Samlet.

This is the smallest of the trout kind, and by some has been taken for the fry of the salmon, whence it seems to have obtained its name. It has also a great resemblance to the common trout, but differs from both in some respects. It is found in the northern rivers, as well as those of Wales, and is much esteemed.

The Smelt.

This fish, which inhabits the seas of the northern parts of Europe, varies very much in size, but the largest has never been known to exceed half a pound. It is of a very beautiful form and colour; the head is clear, and the skin so pellucid, that with a microscope the circulation of the blood may be distinctly perceived. When fresh, smelts are of a fine silvery hue, and have a remarkable scent, resembling that of a cucumber just pared. They are in season from January to June, and again from September to December.

Turbot.

This favourite fish is in season nearly the whole **summer**. If good, it should be thick, and the belly of a yellowish white; when it is thin, and of a bluish appearance, it is bad. Turbot may be known from Dutch plaice by having no yellow spots on the back.

Plaice and Flounders.

There are properties common to these and to the turbot, insomuch that when plaice are very large, especially those taken upon the Dutch coast, they are frequently imposed upon the unwary for real turbot. When fresh, plaice and flounders are stiff, and the eyes bright and prominent; but when stale, they are flabby, and the eyes are sunk and dull. The finest plaice are bluish on the belly, but flounders on that part should be of a cream colour. They are both in season together, from January to March, and from July to September.

Soles.

The sole is one of the most delicate of our British fishes, on which account it has, with many, obtained the name of the queen of the sea. The middling-sized fish is the best. By an old law of the Cinque-ports, which is not now acted upon, none were to be taken from the first of November to the fifteenth of March, which is a proof in what estimation this fish was held by our ancestors. When good, soles are thick, and the belly of a cream colour; but if the flesh be flabby, and there is a bluish tinge on the surface, the fish are of no value. They are in greatest perfection about midsummer.

Skate.

This fish has sometimes been found of the length of sixteen feet. The flesh, when new, is exceedingly white, thick, and firm; but if too fresh, it will eat tough, and if stale, the scent will be disagreeable. The skate should be kept two days previous to being dressed, but not longer.

Sturgeon.

This fish, which grows to an enormous size, was formerly in such request, as to be reserved for the royal table. The flesh, to be good, should be white; the grain even, the skin tender, well coloured, and soft; and all the veins and gristles blue; for if they are brown or yellow, and the skin is tough, the fish is bad. The sturgeon, when fresh, has a pleasant smell, but the contrary when stale. It should also cut firm without crumbling. The roe or spawn of the female, when sprinkled with salt and dried in the sun or an oven, is called caviare.

Cod.

This fish forms a valuable article of commerce and luxury. It is peculiar to the northern seas of Europe, and the coast of America, but particularly Newfoundland. Those caught on our own shores and in the Irish channel are also exceedingly fine. Cod is in season from the beginning of December to the end of April. When fine and fresh, it is thick in the neck, the flesh is firm and white, of a bright clear colour, and the gills are red. If flabby, it is stale.

Haddock.

This fish may be distinguished from the cod by a black spot on each shoulder. In the legends of credulity, these spots are the marks impressed by St. Peter's thumb and finger, when he received the tribute-money from its mouth. It is in season in July, August, and September.

Mackarel.

The season for this fish is from April to July. When fresh, its variegated colours are bright and beautiful, the gills are red, and the eyes lively.

Herrings.

These fish come into season twice during the year, first, from April to June, and next, from September to the end of November. When fresh, the herring is stiff and firm, the gills are of a fine red, and the eyes bright. To try pickled herrings, open them at the back, and if the bone be white or of a bright red, and the flesh is white, oily, and flaky, it is good. Red herrings, when in prime order, have a glossy, golden appearance, and the flesh parts well from the bone, which is not the case when the fish is bad.

Pilchards and Sprats.

These fish have a near affinity to the herring, but are each a distinct species, and much smaller. The rule for judging them is the same. Pilchards arrive on the coast of Cornwall, and no where else, in July, and retire at the beginning of winter. They always come in large shoals, and are taken with nets in such numbers, that ship-loads were formerly sent every year into the Mediterranean. They also yield a great quantity of oil, which is used for various purposes. Sprats visit the eastern coast when the herrings are about to disappear, that is, at the beginning of November, which may be one reason why they are supposed by some to be the young of that fish. They continue all the winter, and are sometimes substituted for anchovies, but the bones do not dissolve so easily, and the flesh is of a more oily nature.

Whiting.

To choose this delicate fish, see whether the body and fins are firm and stiff; for if not, they are far from good. The prime season for whittings is from January to April, but they may be had all the year.

Carp.

Though this fresh-water fish is very tenacious of life, and will exist a very long time out of water, yet, as it must unavoidably waste in a state foreign to its nature, it is best when killed as soon as caught. The freshness of a carp may be known by the colour of the gills, and the difficulty of opening them, as already observed of other fish.

Tench.

This fish should also be dressed as soon as may be, after being taken. When dead, the gills should be red, and hard to separate, the eyes bright, and the body feel firm and stiff. It is generally covered with a slimy matter, which, if clear, is a sign that the fish is good. This matter may be removed by rubbing it with a little salt. Tench is in season from July to September.

Perch.

This fish is in season in the months of October and November, and may be chosen by the same tests as the preceding articles.

Pike.

When this fish is in perfection the colours are very fine, being green spotted with yellow, and the gills of a vivid red. When out of season, that is, from December to June, the green changes to gray, and the yellow spots assume a paler hue. To judge of its freshness, attend to the preceding rules.

Gudgeons.

The season for these fish is from midsummer to the end of the year. They are to be tried by the brightness of their colours.

Mullet.

The sea mullet is preferable to the river mullet, and the red to the gray. They should be very firm, and the belly have a clear silvery line running along it. From the milt of the males and the roe of the females, botargo is made.

Eels.

The best is the true silver eel, which has its name from the bright colour of the belly. It is caught commonly in the Thames.

The Dutch eels which are commonly sold at Billingsgate are bad; and those taken in running streams are to be preferred to those found in ponds, which have in general a rank taste. Eels should be dressed as soon as they are skinned and cleaned. They are always in season, except in the very heat of summer.

Lobsters, Crayfish, and Crabs.

These fish cast their scaly coats yearly, and obtain new ones, which are completely hardened in about forty-eight hours. If a lobster is fresh, it will have a pleasant smell near the tail, which, on opening, will fall quickly again like a spring; but when stale, the scent is rank and the tail flagged. If it is spent, a white scurf will be seen to exude from the mouth and the roots of the small legs; if it is full, the tail near the middle will abound with hard, reddish-skinned meat, which may be discovered by running a small knife between the joints at that part. The cock lobster is generally smaller than the hen, and of a deeper red when boiled; it is also free from spawn, and the upper fins, with the tail, are stiff and hard. The heaviest lobsters are always the best. They are in season all the summer months. Crayfish are to be chosen in the same manner as lobsters. Crabs, when light, are watery; when in perfection, the joints of the legs are stiff, and the body has an agreeable smell; but when stale, the eyes look dead and loose. The middling-sized crabs are to be preferred for sweetness.

Prawns and Shrimps.

These fish when fresh are hard, stiff, and of a pleasant smell; but the contrary when stale, besides which, they will then be slimy, and of a pale colour.

Oysters.

These fish come into season at the beginning of August, and continue till the end of April. Of the various kinds, the best are, the Colchester, Milford, and Milton oysters, which last have the name of Natives, and are distinguished by being white and fat. Oysters are known to be fresh by their opening, for, when alive and strong, they will close again upon the knife with a quick spring. Oysters should be eaten as soon as opened, otherwise they lose their flavour. Oysters ought never to be eaten in hot weather.

Salt Fish.

There are two kinds of salt fish commonly cured for sale,—cod and ling. The first is barreled, and the latter dried. Salt cod, to be good, must be thick, firm, and white; ling must be thick in the poll, and the flesh of a bright yellow colour.

BUTTER, CHEESE, AND EGGS.

Butter.

Fresh butter, to be good, should have a fragrant smell, and be of an equal colour throughout; but if it is sour in scent, and irregular in appearance, it is stale and mixed. Salt butter must also be tried by the smell, but it is necessary also to examine the middle of the tub, by thrusting a knife between the staves, for many dealers have a trick of putting a superior sort at each end, to deceive the unwary, while the rest of the butter is of a very indifferent quality.

Cheese.

If a cheese has a rough rugged coat, or is dry at the top, it may be suspected of having worms or mites within; but if it be moist, spongy, or full of holes, there can be little doubt of its being maggoty. When you perceive any perishing parts, probe them to the bottom, for though the decayed spot on the outside should be very small, the chance is, that it will run deep and spread widely within the body of the cheese.

Eggs.

To choose eggs, put the large end of each to your tongue; if it feels warm, it is fresh. In eggs newly laid, there is a thin division of the skin from the shell, which is filled with air, and perceptible to the eye on being observed at the end. In looking through an egg against the sun or a candle, you may judge whether it is new by its being clear; for if it has a cloudy appearance, it is stale. If it shakes also, it is not fresh: and there is yet another way of trying an egg, which is, by immersing it in cold water, for the fresher it is, the sooner it will sink, but if it be addled it will swim on the surface. The best method of keeping eggs is in bran or meal, or in wood ashes, taking care to place them with their small end downwards: but for longer preserving them, they should be buried in salt; or they may be packed in a cask, covered with lime water made pretty strong. Eggs are cheapest in the spring, when the hens begin to lay.

CULINARY INGREDIENTS.

Salt.

Common salt should be prepared for the table by drying it before the fire, and then reducing it fine with a rolling-pin; or it may be pounded in a mortar, by which process it will look as well as basket salt. This last is chiefly made from the salt springs in Cheshire, and differs from the common brine, or

sea salt, as well in whiteness and purity, as in the fineness of its grain. Common salt is best, however, for pickling and culinary purposes.

Common Vinegar.

Vinegar, as prepared in this country from malt, should be of a pale brown colour, perfectly transparent, of a pleasant, somewhat pungent, acid taste, and a fragrant smell, without any acrimony. From the impurities, however, which malt vinegar always contains, it is apt, particularly when exposed to the air, to become ropy and vapid. This inconvenience may be obviated by keeping it in bottles completely filled and well corked; and it would be still more advantageous, if the bottles, previous to being stopped, were put into a kettle of water over the fire, and suffered to remain there till the vinegar is brought to a boiling state. Vinegar is too generally adulterated with sulphuric acid, to heighten its pungency. The presence of the acid may be discovered, by the solution in it of the acetate of barytes, when a white precipitate will be formed, which is insoluble in nitric acid after being made red-hot. Other means of adulteration are also practised, by the addition of acrid vegetable substances, which are not so easy of detection; but one thing is certain, that factitious vinegar has no turbidity in it. Distilled vinegar would be best, if the stills made use of were of glass, instead of having a pewter pipe. The surest test for detecting lead in vinegar, is water impregnated with sulphuretted hydrogen gas, which imparts to the liquor so adulterated, a brown or blackish tinge.

We shall now proceed to give directions for making different kinds of vinegar for culinary purposes.

Raspberry Vinegar.

Pour three pints of white wine vinegar on one pint and a half of fresh-gathered red raspberries, in a stone jar or china bowl; and let it stand till the next day, when the liquor should be strained over a like quantity of the same fruit; and again a third time on the day following. Then drain off the liquor, without pressing, and pass it through a jelly bag that has been previously immersed in common vinegar, into the jar, with one pound of pulverized lump sugar to a pint. When the sugar is dissolved, stir it up, cover the jar, and set it in a saucepan of water, and keep it boiling for an hour; take off the scum, and before you bottle it off, add to each pint a glass of brandy. This is an admirable cooling beverage to assuage thirst.

Tarragon Vinegar.

Fill a wide-mouthed bottle with fresh-gathered tarragon leaves; and after picking them off the stalks, dry them before the fire; cover them with the best vinegar, let them steep

fortnight, and then strain the liquor through a flannel jelly bag till it is perfectly fine; after which, pour it into half-pint bottles, well corked, and kept in a dry place. Elder flowers and herbs may be prepared in the same way. The French, also, make high flavoured vinegars with celery, cucumbers, capsicums, garlic, onions, chervil, and a variety of other plants.

Basil Vinegar.

Sweet basil is in season about the middle of August. Fill a wide-mouthed bottle with the fresh green leaves, cover them with vinegar or wine, and let them steep ten days; but if it is intended to have a strong essence, strain off the liquor, add fresh leaves thereto, and let them steep a fortnight longer. A table-spoonful of tarragon vinegar, put into a tureen of turtle soup, will give it a fine flavour.

Cress Vinegar.

Dry and pound half an ounce of cress seed, pour upon it a quart of the best vinegar, let it steep ten days, shaking it well once or twice every twenty-four hours. This is a very cheap vinegar, and is excellent with cold meat. In the same manner you may make green mint and cucumber vinegar.

Horse-radish Vinegar.

Pour a quart of the best vinegar on three ounces of scraped horse-radish, which is in perfection in November; add thereto an ounce of shalot, and one drachm of cayenne; let it stand a week, and you will have a good accompaniment for cold beef or salads. Some black pepper, mustard, and celery, or cress seed, may also be added to advantage.

Garlic Vinegar.

Peel and chop two ounces of garlic, pour thereon a quart of white wine vinegar, cover the jar close, and let it steep ten days, shaking it often; then pour it into small bottles. A few drops of this will be sufficient for a pint of gravy; but the best way is to send some of it to table in a cruet, as many persons are not fond of garlic.

Shalot Vinegar.

This is made in the same way as the preceding, and as it gives a good flavour to soups and sauces, the cook should never be without a proper supply of it. Shalots are in perfection in the month of July, August, and September.—There is another preparation, called shalot wine, which is thus made: Peel, mince, and pound in a mortar, three ounces of shalots, and infuse them in a pint of sherry for ten days; then pour off the clear liquor on three ounces of fresh shalots, and let it stand

ten days more. An ounce of scraped horse-radish may be added. This is an elegant preparation of shalot, and imparts a very fine flavour to soups and sauces, for chops, steaks, or hashes.

Camp Vinegar.

Slice a large head of garlic, and put it into a wide-mouthed bottle, with half an ounce of cayenne, two tea-spoonfuls of real soy, the same quantity of walnut catsup, four anchovies chopped, a pint of good vinegar, and cochineal sufficient to give it the colour of lavender drops. Let it stand six weeks, then strain it off, and keep it in small bottles well sealed.

Gooseberry Vinegar.

Get the ripest gooseberries, put them into a tub, squeeze them well, and to every peck put two gallons of water; mix them well together, and let them work for three weeks, stirring them three or four times a day; then strain the liquor through a hair sieve; put to every gallon a pound of brown sugar, as much treacle, and a spoonful of fresh yeast. Run it into iron-hooped barrels, let it stand a year, and then draw it off into bottles for use.

Pepper.

Black pepper is the fruit of a shrubby creeping plant, which grows in the East Indies. The berries are gathered before they are ripe, and dried in the sun, when they become black and shrivelled on the surface.

White pepper is factitious, being prepared from the black, by steeping in salt-water, and exposed to the heat of the sun till the outward rind falls off; the white part is then dried, and the chaff thrown away. It follows, of course, that the white is inferior in pungency to the black pepper. There is, however, a species of white pepper, produced in a native state, which is little inferior to the black, but it is not common.

Both black and white pepper are much adulterated, though severe penalties are enacted against fraudulent dealers. The spurious sort is made of oil cakes, from which the oil has been pressed, common clay, and a portion of cayenne, formed into one mass, and granulated by passing through a sieve, and then rolling it in a cask. It is easily detected, by throwing some into a bowl of water, when the artificial pepper-corns will fall to powder, while the true remains whole.

Ground pepper is often sophisticated, by adding to a portion of the genuine, a quantity of pepper dust, or the sweepings of the warehouses, and mixing it with a little cayenne. Against this adulteration of pepper, and the making and selling of commodities in imitation of pepper, an act was passed in the year

1819, in consequence of which, several persons were convicted, on whose examination it appeared, that rape and mustard seed, ground together, were sold for pepper.

To make Kitchen Pepper.

The following preparation of pepper will be found a pleasant addition to any brown sauces or soups:—

Mix in fine powder, one ounce of ginger; of cinnamon, black pepper, nutmeg, and Jamaica pepper, half an ounce each; ten cloves, and six ounces of salt: keep it in a bottle for use.

Cayenne Pepper.

This is an indiscriminate mixture of the powder of the dried pods of many species of capsicum, especially of that called bird pepper, which is the hottest of all. The genuine cayenne is a yearly plant, and grows in most parts of South America, and the West India islands, but it is also cultivated in our own gardens, for the beauty of its pods, which are long and pendulous, at first of a green, and, when ripe, of a bright orange red colour. They are filled with a dry loose pulp, and contain many small, flat, kidney-shaped seeds. The taste is extremely pungent and acrimonious, setting the mouth, as it were, on fire. The Indian cayenne pepper, as imported, often looks as if the pods had lain till they were decayed, before they were dried; which accounts for their dirty brown appearance. If properly dried when gathered, it would be of a brilliant red colour; and, therefore, to give it that appearance, some arnotto, or other vegetable dye, is pounded with it, which would be perfectly harmless if it were not for the addition of red lead. This fraud may, however, be easily detected, by shaking up part of it in a stopped vial containing water impregnated with sulphuretted hydrogen gas, which will quickly turn it to a dirty black; or the vegetable matter of the pepper may be destroyed, by throwing a mixture of one part of the suspected spice, and three of nitrate of potash, into a red-hot crucible, in small quantities at a time. The mass that is left may then be digested in weak nitric acid, and the solution assayed for lead, by water impregnated with sulphuretted hydrogen.

Those persons who are fond of cayenne, would do well to make it of English chilies, as hereby they will not only be certain of having it genuine, but of a finer flavour, and equally cheap. One hundred large chilies, the cost of which is two shillings, will produce about two ounces of cayenne. The flavour of chilies also is superior to that of the capsicums, and will be the better if dried as soon as gathered, and not burned. The way of preparing them is this:—take off the stalks, and put the pods into a cullender; set them before the fire, and let them remain ten or twelve hours, then put them into a mor-

tar with one-fourth of their weight of salt; pound and rub them till they are as fine as possible, after which, put the powder into a well stopped bottle.

Essence of Cayenne.

Put half an ounce of the pepper, into a half pint of white wine or brandy, let it steep a fortnight, and then pour off the clear liquor. This is excellent seasoning for soups and sauces.

Mustard.

Mustard is the most wholesome of all the stimulants made use of, to give energy to the digestive organs; and some epicures mix it with white wine, particularly sherry or Madeira, to give them an appetite. Genuine mustard, however, though of our own growth, is seldom found in the shops, either in powder or in a prepared state. The article sold under the name of patent mustard, in particular, is nothing better than a mixture of mustard and common wheaten flour, heightened with cayenne pepper, and a large quantity of bay salt, then made with water into a paste. Some manufacturers again adulterate their mustard with radish seed, and the flour of pease. Durham mustard is the best, yet formerly Tewksbury seems to have been most famous for this article. The following is the most approved method of making it. Mix by degrees the flour of mustard with cold water, in which horse-radish has been boiled; and rub it well together in a mortar, till it is perfectly smooth; then keep it in a stone jar closely stopped, putting into your pot for table, as much as will be wanted for immediate use.—To make it in a minute, in case of emergency: mix very gradually an ounce of the flour of mustard, with three table-spoonfuls of milk or cream, half a teaspoonful of salt, and as much sugar: rub them well together till the whole is quite smooth.—To keep mustard, dissolve three ounces of salt in a quart of boiling water, and pour it hot upon two ounces of scraped horse-radish; cover the jar very close, and let it stand twenty-four hours; then strain, and mix it by degrees with the best Durham flour of mustard and water, well together, till the whole is quite smooth, and of a proper thickness. Put it into a wide-mouthed bottle, and stop it close.

Cinnamon.

This excellent spice, which constitutes an essential article in domestic economy, is often adulterated with cassia bark, or by mixing with the genuine cinnamon, a portion of the bark which has been deprived of its essential oil by distillation. In its unsophisticated state, cinnamon is rather pliable, and should not much exceed stout writing paper in thickness. It is of a light yellow colour, possesses a sweet taste, and, though

somewhat pungent, is not acrimonious. The inferior kind, on the contrary, is thicker in substance, of a darkish brown colour, hot and poignant to the tongue when chewed, and leaves a disagreeable bitter taste. The cassia bark, which greatly resembles the true cinnamon, is thicker, and of a coarser texture, and breaks short and smooth, whilst the genuine is fibrous, and splits into lengths. Cassia has a slimy mucilaginous feel, and is without the roughness of the true cinnamon bark.

Isinglass.

As this valuable jelly forms the basis of many of the luxuries of the table, and is also exceedingly useful for a variety of purposes, particularly the clarification of liquors, it is necessary that every housekeeper should know how to distinguish between the genuine and spurious sorts. It is frequently adulterated with shreds of the dried bladders of horses, and other animal membranes; which may be detected by their insolubility in boiling water, whereas true isinglass leaves therein no filaments whatever. The genuine sort is also perfectly transparent, and is of a triangular form; while the fraudulent is round and flat.

ON THE MANAGEMENT OF THE LARDER.

Considering the importance of the larder, too much care cannot be taken in keeping it clean and well ventilated; for which purpose, it is necessary that the dressers and shelves should be constantly scoured, the floor washed every morning, especially in the summer, with cold water, and the windows opened, to let the air have a free circulation. If there are not opposite windows, a current of air may be kept up by means of a flue. It is indispensably necessary, however, that an equal temperature should be preserved, and that the place should be sheltered as much as possible from the rays of the sun. Many modern-built houses, in and about the metropolis, are constructed without the convenience of a larder; and where that is the case, a large wire or gauze safe, suspended in a cool shady place, will prove a proper substitute for the keeping of such provisions as are about to be used immediately. Minute attention must be paid to the culinary utensils, particularly those made of copper or brass, which are liable to be dissolved by acids and pearl ash, in which case, whatever is contained in them becomes poisonous. Nothing, therefore, should be suffered to remain cold in kettles or saucepans, for even those made of tinned iron, will communicate a disagreeable flavour to whatever has been suffered to stand in them for any time. All these utensils, as well as every other, should be kept constantly clean, by which means they will not stand

in need of scouring with sand, which wears off the coating, and increases the danger arising from neglect. The vessels made of what is called double block-tin are the wholesomest; but some articles of food will become black, if suffered to continue for any time in them. Leaden vessels are very pernicious, and should never be used for milk or cream, which will thereby soon become sour. They are still more unsafe for acidulous articles, and salted meats; on which account, it will be prudent to avoid putting pickles into English pottery ware, which is uniformly glazed with lead ore pulverized. Butcher's meat should always be brought in as early as possible in the morning, during summer; for when the sun has attained any height, it will be almost impossible to prevent the flies from blowing it. Should that prove to be the case, the part must be cut out, and after washing the whole joint, some salt must be rubbed well over it.

To keep meat fresh, examine it often, and turn it suddenly, wipe it once every day at least with a clean cloth, and take care to put some pieces of charcoal over and under it, which will prevent its tainting. Meat that is to be salted should previously lie an hour in cold water, and, while there, be frequently rubbed in the parts likely to have been blown. On being taken out, it should be wiped quite dry, and salt rubbed thoroughly into every part, after which, a handful must be sprinkled over the whole. Be careful to turn it once a day, and rub in the pickle, so that in three or four days it will become ready for dressing. Should it be required to be much corned, the best way will be to wrap it up in a well-floured cloth, after it has been salted. By this means, if put into boiling water, beef may be made fit for the table the day after it has been brought into the larder. All meat, however, if the weather permits, eats much better, by being allowed to hang for two or three days before it is salted.

Every morning the cook should change the cold meat to fresh dishes, and place it in a current of air. The stocks and the sauces should also be examined, especially in hot weather, to see whether they require fresh boiling. Soups, which are always liable to fermentation, must be reboiled every day, and the pans into which they are put, must be dry, and perfectly free from grease. If the stock begins to turn, let it be boiled down for glaze. When sauces are put on to boil, put a little stock first into the stew-pan, to prevent it from burning. Sauces should be boiled, in the summer, every other day. In warm weather also, whatever is done in brasses should be made stronger than at other times, otherwise it will not keep, or be fit for use.

The lardings that have returned to the kitchen entire, should be put into the braise in which they were originally done,

and covered with the same sheets of bacon that were over them before they were taken out. The tender ones of veal and lamb, ox rumps, beef or veal olios, roulards of mutton and veal, rump of beef, and every thing done in braises, must be minutely attended to; the same care being necessary for those dishes which may be used again, as in dressing them for dinner at first.

All meat that is intended to be kept until cold, whether boiled or roast, should be over done, particularly in summer, for if the gravy be left in, it will not be good above two or three days; but if quite dry, it may be kept a week or more. Roasted meat designed to be eaten cold, should be well sprinkled with salt before it is taken from the fire; and for boiled cold beef, it will be requisite to let it lie previously a fortnight in salt, and if longer it will eat the better for it.

As undressed provisions require considerable attention, and much care to preserve them in a condition fit for the table; it will be economical, in hot and changing weather, to avoid stocking the larder with more than is likely to be immediately wanted.

For particular articles, the following directions are to be observed.

Beef.

The first thing to be observed on receiving pieces of beef, is to search for fly-blows, which, in the sirloin, are generally found under the loose side of the fat, and therefore this part must be wiped well with a dry cloth, then sprinkled with salt, and the same is also to be rubbed on the chine-bone; take out the pipe that runs along it, and the kernel in the fat at the chump, and likewise the pith, which places are to be rubbed with salt, as well as the outside and both ends. By attending to these rules, it will keep a week.

In treating the ribs, rub the chine-bone with salt; cut out the piece of skirt that is commonly left by the butcher; and rub the inside well with salt, as also the outsides, the two ends and the tops, after which, hang the piece up for use. In the rump there is a kernel at the small end, which is generally left by the butcher, but must be taken out, and the fat cut off, after which the joint should be wiped quite dry with a cloth, and hung up. That part of the brisket which is usually kept for stewing, is the thick end, which must be wiped perfectly dry; and the same care is to be taken of the pieces intended for boiling. Observe, that there are two kernels in a round of beef, one in the middle called the pope's eye, the other in the thick fat, both of which should be taken out by the butcher, but if he neglects doing so, the cook must do it immediately, otherwise no salt, in whatever quantity, will keep the meat sweet,

particularly in summer. There is a kernel also in the middle of the fat of the thick flank, which must be cut out, as well as one in the aitch bone, where it is divided from the rump. There is, besides, another kernel, which, according to the different methods of cutting up carcases, is sometimes found in the shoulder, and at others in the neck-piece, but which must likewise be taken out.—The brisket and the ribs must be jointed for the admission of salt, which should be well filled with it, for keeping.

Veal.

The first part of a leg of veal that becomes tainted, is where the udder is fastened back, therefore the skewer must be withdrawn immediately, and the part underneath wiped very dry, then rubbed with salt, and the kernel taken from the thick fat. In the loin, the pipe that runs along the chine-bone must be cut out; and also the kernel under the fat within the chump, after which some salt must be sprinkled thereon. The shoulder is seldom to be kept above a day or two. In the neck there is a pipe, which must be cut out as well as the chine-bone, the inside of the ribs wiped very dry with a cloth, and then rubbed with a little salt. The breast also must be wiped dry, and the loose fat and skirt cut out from the inside.

Mutton and Lamb.

The fat should all be taken out from the chine, also the pipe that runs along the back-bone, and two small kernels near the tail; then sprinkle the inside with salt. In the fat of the leg there is a kernel, which must be taken out, and the place filled up with salt. No joint keeps longer than the neck, but the pipe along the chine-bone must be cut out, and the whole rubbed dry with a clean cloth. Inside the shoulder there is a kernel, which must be taken out, and the part rubbed with salt. The skirt on the breast must be taken off, and the whole wiped dry.

Pork.

The legs are commonly salted for boiling; but if one be intended for roasting, it ought to be previously salted and hung up. Necks and loins answer either for chops or roasting, but they should be sprinkled with salt. The hand and thin part is generally salted for boiling.

Venison.

The haunch is the finest joint, but there is a kernel in the fat, like that of a leg of mutton, which must be taken out, and after wiping the part very dry, a little ground pepper and ginger must be rubbed on the outside, to keep off the flies.

The neck is the second-best joint, which requires nothing but wiping well with a clean dry cloth. The shoulder and breast are generally used in two or three days after being killed, for a pasty. The park-keeper is commonly in the habit of drawing the shoulder, which is sure to spoil the neck. The shoulder, in fact, ought not to be taken off until quite cold, and then be raised the same as that of mutton.

With respect to poultry and game, when the weather is warm, a stopper of charcoal placed in the vent, will have a salutary effect; tying at the same time a string lightly round the neck.

The good effects of charcoal in preventing putrescency, and soon remedying it where the taint has already taken place, cannot be too generally known; for even fish, as well as flesh, may be restored by being boiled with it. Meat that has been very far gone, may also be restored by washing it in cold water, and next in a strong camomile infusion, after which it is to be sprinkled with salt. The antiseptic power of the pyro-ligneous acid, which is produced from wood by distillation, is such, that anatomical preparations have been recovered from a state of corruption by being immersed in it. Pieces of flesh already far advanced in a state of decay, have, notwithstanding the heat of the weather, been made almost instantaneously firm and dry, by the application of this acid, so that all traces of corruption have vanished. This sufficiently explains why meat dried in a stove does not keep, while that which has been smoked becomes unchangeable.

Hence, also, it is easy to account for the keeping of hams, hung beef, smoked tongues, sausages, and red herrings. It is sufficient to plunge any kind of meat into this acid for a few moments, to preserve it fit for use as long as you may choose, although it had before given signs of putrefaction.

Great care is necessary in salting meat. Beef and pork should be well sprinkled, and a few hours afterwards hung up to drain, before it is rubbed with the salt; which method cleanses it from the blood, and keeps it from acquiring a strong disagreeable flavour. It should also be turned every day; and if wanted soon, should be often rubbed. The salting tub should have a close cover. Where a good deal of salt meat is used, the pickle should be boiled up, skimmed, and when cold, poured over the pieces that have been sprinkled and drained.

The liquor in which meat has been boiled, makes an excellent soup for the poor, by the addition of vegetables, oat-meal, or peas; no charitable person, therefore, will throw that away, which may contribute so much to the support of their fellow-creatures.

Roasted beef bones, and the shanks of hams, also make

Pigeon



Pheasant or Partridge



Woodcock, or Snipe



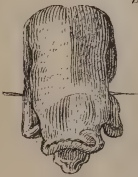
Rabbit for Roasting



Rabbit for Boiling



Ducks



Breast



Back

Goose



Fowl or Chicken for Roasting



Turkey for Boiling



Turkey for Roasting



fine pease soup ; but should be boiled with the pease a day previous to use, that the fat may be removed.

Every kind of meat should be washed before it is dressed ; if for boiling, the colour will be improved by the soaking ; but if the joint is to be roasted, it must be thoroughly dried.

OF TRUSSING.

This is an important article to be attended to, for the purpose of giving poultry and game a handsome appearance, as well as to prevent trouble to the carver, when they come to the table. Two things are specially to be observed ; the one, to clear poultry from all disagreeable stubs, and the other to render every article as clean as possible, both within and without.

Turkeys.

After the bird is well picked, singe it with white paper, and wipe it thoroughly with a coarse cloth ; then break the leg bone close to the foot, and having suspended the turkey by a hook, draw out the strings from the thigh. Cut off the neck close to the back, but leave enough of the crop skin to turn over the back. Next take out the crop, and with your middle finger loosen the liver and gut at the throat end. Then cut off the vent, and take out the gut. With a sharp crooked iron draw out the gizzard and liver, but take special care not to break the gall, otherwise the flesh will contract an ill flavour. This is a general caution, to be observed in all fowls. Having cleared the inside, wipe it thoroughly with a wet cloth ; then cut the breast-bone through on each side, close to the back, and draw the legs up to the crop. After this, lay a cloth on the breast, and beat the high bone down flat with a rolling pin.—If the turkey is to be boiled, cut off the legs ; then put your middle finger into the inside, raise the skin of the legs, and place them under the apron. Run a skewer through the joint of the wing, and the middle joint of the leg, quite into the leg and wing on the opposite side. Place the gizzard and liver, after taking out the gall and offensive matter, within the pinions. Then turn the small end of each pinion on the back, and tie a packthread over the ends of the legs, to keep them fast.—If the turkey is to be roasted, pass a skewer into the joint of the wing, bring the legs close up, and pass the skewer through the middle of the leg and body. On the opposite side insert another skewer into the small part of the leg ; put it close on the outside of the sideman, passing the skewer quite through, and do the same on the other side. Place the liver and gizzard between the pinions, and turn the point of each of these on the back, as before directed. After this, pass another

skewer close above the pinions through the body of the turkey. Poult is to be trussed in this manner:—After drawing them in the usual way, take the neck from the head and body, but without removing the skin. Pass a skewer through the joint of the pinion, bring the legs close up; run the skewer through the middle of the leg and body; and do the same on the other side. Cut off the under part of the bill, twist the skin of the neck round, and put the head on the point of the skewer, as if it were looking forwards. Put another skewer in the sideman, and place the legs between that and the apron, one on each side. Pass the skewer through both, and cut off the claws. It is a common practice to lard poult on the breast. The liver and gizzard may be used as before directed.

Geese.

Having picked the goose clean, cut off the feet at the joint. Next separate the pinions at the first joint, and the neck close to the back, leaving the skin long enough to turn over. Loosen the liver and other entrails, and having opened the vent, draw them out, except the soal. Wipe the inside clean with a cloth, and beat the breast-bone flat with a rolling pin. Put a skewer into each wing, and having drawn up the legs close, put a skewer into the middle of each, and pass the same quite through the body. Insert another skewer into the small of the leg, bring it close down to the sideman, run it through, and do the same on the opposite side. Next cut off the end of the vent, and make a cavity sufficiently large for the passage of the rump, in order to keep in the seasoning.

Ducks.

These are to be treated in the same way as geese; with the exception of retaining their feet, which must be turned up close to the legs.

Fowls.

Pick the fowl very clean, cut off the neck close to the back; then take out the crop and entrails, as already directed in the article of turkeys. When the inside is perfectly cleaned, flatten the breast-bone with a rolling pin; and if the fowl is to be boiled, cut off the nails of the feet, and tuck them down close to the legs. With your finger in the inside, raise the skin of the legs, then cut a hole in the upper part of the skin, and put the legs under. Insert a skewer in the first joint of each pinion, and having brought the leg close to it, pass the skewer through the middle of the same, and also through the body. The same is to be done on the other side. After cleansing the gizzard, and removing the gall from the liver, put them within the pinions, and turn the points on the back. Be careful to fasten a string over the legs, to keep them

in their proper place. If the fowl is to be roasted, skewer it in the same manner as directed for boiling, inserting also another skewer in the small of the leg, through the sideman, and one through the skin of the feet, the nails of which are to be cut off.

Chickens.

If these are to be boiled, cut off the nails, just notch the sinews on each side of the joint, put the feet in at the vent, and pass the rump through the same. Draw the skin well over the legs, insert a skewer in the first joint of the pinion, and having brought up each leg, pass the skewer through the middle of the same, and also through the body. Clean the gizzard, and take out the gall; put them within the pinions, and turn the points on the back. If the chickens are to be roasted, cut off the feet, and, in all other respects, treat them as directed for full-grown fowls.

Pheasants and Partridges.

Cut off the pinions at the first joint; draw and wipe the inside clean; flatten the breast-bone; pass a skewer in the pinion, turn the head in the other wing, with the bill towards the breast; bring the middle of the leg close to the body; run the skewer through the leg, body, and pinion, and do the same on the opposite side; put another skewer through the side-bones, after placing the legs close on each side of the apron, and run the skewer through all. Leave the feathers on the head of the cock pheasant, covered with some buttered paper, to prevent singeing; the long feathers of the tail are also to be saved, to stick in the rump when served up. All kinds of moor game are trussed in the same way; but if they are to be boiled, place the legs in the same position as you would in trussing fowls for that purpose.

Wild Fowl.

Cut off each pinion at the first joint; slit the bird between the vent and rump; then draw it, and wipe it out clean; cut off the claws, and enter the skewer into one of the pinions; return the leg back, and pass the skewer through that and the body, meeting the other leg and pinion on the opposite side; cut the vent, and put the rump through it.

Woodcocks and Snipes.

These birds being very tender, must be picked with great care, particularly if they are not quite fresh. When picked clean, cut off the pinions at the first joint, and press the breast-bone till it is flat. Turn up the legs close to the thighs, and fasten them together at the joints. Bring the thighs close to

the pinions; put a skewer through each of the last, so as to run it quite through the thighs, body, and opposite pinion. Skin the head, turn it, and having taken out the eyes, put it on the point of the skewer, with the bill close to the breast. Woodcocks, snipes, and plovers, are all trussed alike, but must not be drawn.

Larks, Wheat-ears, and other small birds.

When picked clean, cut off the heads, and the pinions at the first joint. Flatten the breast-bone, turn the feet close to the legs, and put one within the other. Take out the gizzard, and run a skewer through the middle of as many birds as are to be dressed. Being small, they must be fastened to the spit.

Pigeons.

Cut off the neck next the back; take out the crop, separate the vent, and draw out the guts and gizzard, but not the liver. If the birds are to be roasted, the toes must be cut off, a slit made in one of the legs, and the other put through it. Draw the leg tight to the pinion, through each of which a skewer must be passed quite through the legs and body. Flatten the breast, clean the gizzard, put it on one of the pinions, and turn the point on the back. If the pigeons are to be stewed, boiled, or made into a pie, the feet must be cut off at the joint, the legs turned, and fastened on the sides, close to the pinions.

Hares.

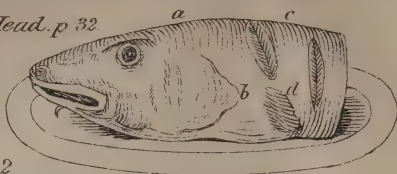
Cut off the legs at the first joint, raise the skin of the back, and draw it over the hind legs, but leave the tail whole; then draw the skin over the back, and slip out the fore legs. Take the skin off from the neck and head; but leave the ears on, and skin them. Extract the entrails, and be careful to take the gut out of the vent. Cut the sinews under the hind legs, and bring them up to the fore ones; pass a skewer through each hind leg, and through the fore leg under the joint, running it quite through the body. Put another skewer through the thick part of the hind legs and body, dispose the head between the shoulders, and run a skewer through to preserve it in its place. To keep the ears erect, put a skewer into each; and fasten a string round the middle of the body over the legs.

A young fawn may be trussed in the same manner, only the ears are to be cut off.

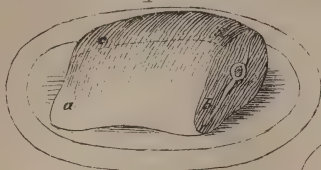
Rabbits.

These are cased the same way as hares, but the ears must be taken off close to the head. Cut open the vent, and slit

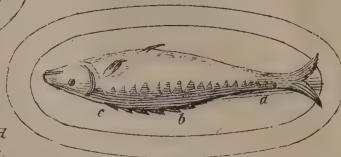
Cods Head. p. 32



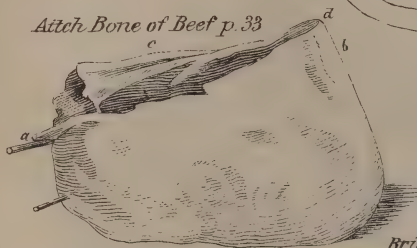
Piece of Salmon. p. 32



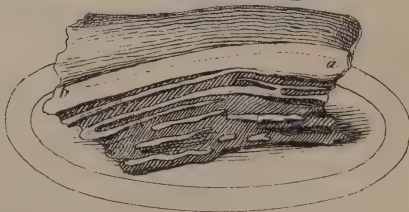
Mackarel. p. 32.



Atch Bone of Beef p. 33



Brisket of Beef. p. 33.



Sirloin of Beef. p. 33



the legs about an inch on each side the rump. The hind legs must be made to lie flat, and the ends brought to the fore legs. Put a skewer into the hind leg, then into the fore leg, and through the body. Bring round the head, and fix it on the skewer. If two rabbits are to be roasted together, truss them at full length, with six skewers through both.

CARVING.

(SEE THE ENGRAVINGS.)

Though carving may seem distinct from the province of the cook, no person can be thoroughly qualified for that situation, who knows not how to dissect joints properly, as well as to dress them handsomely. The art of carving redounds as much to the comfort of the host, as to the satisfaction of the guests; and the principal point is despatch, for which reason, a dexterous carver will be as sparing of compliments as possible, and be careful to fill the plates, and send them round promptly, without asking this or that person, what part they prefer. Thus invidious distinctions are avoided, and much time is saved; besides which, the carver is hereby enabled to cut fair, and to observe a just division of the articles that are to be distributed. The table should be well lighted, and the seat of the carver sufficiently raised, to give him a command over the table, for his own ease and the general accommodation. It will be requisite, also, to have a good steel by his side, unless there are more servants than one, constantly in the room to attend every call.

The carving knife ought to be light, though of a convenient length, and the edge exquisitely keen. No great personal strength is necessary in the management of it, as a good carver depends more upon skill and practice, than muscular force, in the separation of the most difficult articles. To save trouble, however, it will be proper to have the joints of mutton, veal, lamb, or pork, previously divided by the butcher, in which case, they will be cut through with ease, and delicate slices may be taken off at once from between the bones.

FISH.

In helping fish, take care not to break the flakes, which, in cod and salmon, are particularly large, and make a fine appearance. A fish-knife, therefore, divides it best, because it is not sharp. Help some of the roe, melt, or liver, to each person. The heads of carp, part of those of cod, and salmon, also cod's sounds, and the fins of turbot, being by many deemed great niceties, must be distributed accordingly.

Cod's Head and Shoulders.

These should be cut with a large spoon, or rather a fish trowel; the parts about the back-bone, on the shoulders, are the firmest and most esteemed. Take a piece off quite down to the bone, from *a, b, c, d*, inserting the spoon or trowel at *a, c*, and with each slice give a piece of the sound, that lines the fish beneath the back-bone, the meat of which is thinner and somewhat darker than the body; to get at this, pass a spoon in the direction *d f*.

Salmon.

One part of a salmon is much fatter and richer than the other; it is common, therefore, to give to those who like both, a thin slice of each; for the one, cut it out of the belly part, in the direction *a b*, which is the fattest; and for those who prefer the more fleshy, cut it from the back, in the line *c d*.—Salmon with small heads, and thick in the neck, are the best.

Soles.

These are sent to table either fried or boiled; but, in either case, they are to be cut right through the middle, bone and all, and a piece of about a third or fourth part of the fish, given to each guest; but this distribution must be regulated by the size, and other circumstances. Plaice and other fish may be divided in the same manner.

Mackarel.

Nothing more is requisite, than to strip the fish down from the tail to the gills, in the direction *a, b, c*, avoiding the meat about the latter, as being blackish and ill tasted. It is common to ask whether a preference is given to a hard or soft roe.

Turbot.

Insert the fish-knife or trowel into the middle of the fish, over the back-bone, and take out as much as will lie conveniently thereon, from one side, close to the bones. The thickest part is deemed the best, but not too near either the head or tail; and when the meat on one side is removed, raise the whole back-bone with a knife and fork, after which, you may serve from the under side.

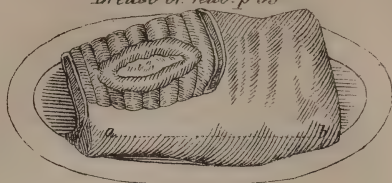
Eels.

These are cut into pieces, through the bone; and the thickest parts are reckoned the best.

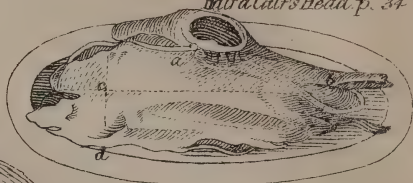
Lobsters.

These are seldom sent to table whole, and therefore nothing more need be said, than that the tail is the prime part, and next to that, the claws.

Breast of Veal. p. 33



Half a Calf's Head. p. 34



Shoulder of Mutton. p. 34.



Fig. 1.

Shoulder of Mutton. p. 34

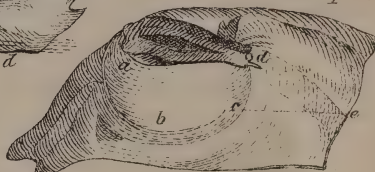


Fig. 2.

Leg of Mutton. p. 34.



Quarter of Lamb. p. 34.



Saddle of Mutton. p. 35.



BUTCHER'S MEAT.

Aitch, or Edge-bone of Beef.

As the outside of this joint is deprived of much of its flavour by the boiling, a large slice must be cut off, the whole length, from *a* to *b*, and laid on one side. The soft fat, which lies on the back, (see *c* plate) is like marrow; and the firm fat must be cut in long slices, at the point *d*; but it will be proper to ask, which is preferred. The upper part is the fullest of gravy; but some persons choose a slice from the under side; and therefore, that the joint may be the more easily turned, to accommodate each of the guests, the skewer should be left in, especially if it is a silver one.

Sirloin of Beef.

In carving this famous joint, you may begin at either end, or cut it first in the middle. Some prefer the inside, and some the contrary. For the latter, cut a slice down to the bones, in the direction *a, b, c*; and so continue till all are served. Slice the inside also, and give with each plate, some of the soft fat.

Brisket.

This part is to be cut lengthways, from *a* to *b*, down to the bone, after cutting off the outside, which must be laid by itself, unless any person desires it. The fat which adheres to this part is commonly gristly, but there is some of a softer kind underneath.

Round, or Buttock of Beef.

Take off a thick slice all round, and then cut some thinner ones from the top; observing to do this evenly, so as not to disfigure the joint, which is commonly served up the second day cold.

Fillet of Veal.

This part corresponds with the round of beef. In helping the guests, it is usual to ask whether the brown is preferred. The slices should be cut thin and even. Cut deep into the stuffing, which is under the flap, and add thereto, in helping, some of the fat.

Breast of Veal.

That part which is called the brisket, is the thickest, but it is gristly. Insert your knife about four inches from the edge of this, at *a*, and cut through it to *b*, to separate the ribs therefrom; then ask which part is chosen. The sweetbread will be found at *c*.

A Calf's Head.

Cut slices along the cheek-bone, from *a* to *b*, inserting the knife as far as the bone. In the fleshy part, at the neck end, *c*, lies the throat sweetbread, of which a slice should be helped taken from *c* to *d*, with some of the other part. To accommodate those who may like the eye, cut it out, and divide it in two. On taking off the jaw-bone, some delicate lean meat will be found; and under the head is the palate, which many esteem highly.

Shoulder of Mutton.

This joint is jull of gravy, when properly roasted, and has many nice cuts. In the plate, fig. 1, it is represented with the back uppermost. It is first to be cut in the hollow part, from *a* to *b*, and the knife should pass down to the bone. The best fat is on the outside edge, and should be cut in the direction *e*, in thin slices. When many persons are at table, and the hollow part, *a, b*, is cut out, some nice slices may be obtained on each side of the blade-bone from *c* to *d*. The space between the two dotted lines is the region of the blade-bone, and cannot be cut across.—On the under side, as in fig. 2, there are two parts very full of gravy; one is a deep cut in the direction *a, b*, accompanied with fat; the other lean, in a line from *c* to *d*.

Leg of Mutton.

A leg of wether mutton has a round lump of fat at the edge of the broadest part, as *a*. The best part of the joint is in the middle, between the knuckle and further end, as *b*. Begin there, by cutting thin deep slices as far as *c*. Should the outside not have sufficient fat, take some slices from the side of the broad end *e* to *f*. Many prefer the knuckle part, which, though rather dry, is in general tender. Good slices may be cut on the back of the leg; turn it up, and cut at the broad end, longways, different from the direction taken on the opposite side. In cutting out the cramp-bone, lay hold of the shank with your left hand, and cut down to the thigh-bone, at *d*; then pass the knife under the cramp-bone, in the direction *d* to *g*.

A Fore-quarter of Lamb.

Take the shoulder from the breast and ribs, by passing the knife in the direction *a, b, c, d*, keeping it towards you in a horizontal position, that the meat may not be cut too much from the bones. If it is grass lamb, and the shoulder is large, lay it in another dish. Squeeze the juice of a lemon, or half of a Seville orange, on the other part, and sprinkle thereon a little pepper and salt; then divide the gristly part from the ribs in the direction *e c*; and help either from that or the ribs according to taste.

Saddle of Mutton.

Begin close to the back-bone, and cut long slices from the tail to the end, in direction *a, b*; and if the joint is large, the slices may be divided. Take some fat from the sides.

Haunch of Venison.

Cut down the bone in the direction *a, b*, to let out the gravy; then bring the broad end *a* towards you, insert the knife at the point *b*, and cut as deep as you can to the end *d*; then help in thin slices, taking care to give some fat to each. There is more fat on the left side of *c* and *d*, than on the other; and therefore the carver should be careful in proportioning of that, as well as the gravy, according to the number of the guests.

Haunch of Mutton.

This is the leg and loin, so cut as to resemble a haunch of venison, and of course is to be carved in the same manner.

Leg of Pork.

This joint, whether boiled or roasted, is to be cut up in the same manner as a leg of mutton. The flesh about the knuckle is preferred by many persons, on account of its firmness.

Roasted Pig.

The cook commonly divides the body before it is sent to table, and garnishes the dish with the jaws and ears. First separate a shoulder from the carcase on one side, and then the leg, in the direction *a, b, c*. Then part the ribs into about two helpings, presenting with them an ear or jaw, and plenty of sauce. The joints may be divided into two each, or pieces may be cut from them. The ribs are esteemed the best; but some persons prefer the neck end, between the shoulders.

Ham.

This may be cut three ways; but the most common method is, to begin in the middle, by taking long slices in the direction of *a* to *b*, from the centre through the thick fat. This brings to the prime at once; and, by cutting a small hole on the top of the ham, at *c*, and taking thence in succession thin circular slices, the gravy is preserved, and the meat kept moist. The best and most economical way, is, to begin at the hock end, and proceed onwards. When used for pies, ham should be cut from the under side, first taking off a thick slice.

Tongue.

This must be cut crossways, in the line *a, b*, taking a slice from thence. The most tender and juicy slices are about the centre, or between the line *a, b*, and the root. For the fat and kernel with it, cut off a slice of the root on the right of the point *b* at the bottom.

POULTRY AND GAME.

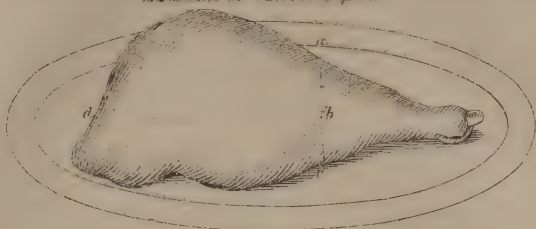
Goose.

To rear a goose, according to the ancient vocabulary of the art of carving, is a process that requires great skill, and more practice. Remove the apron in the direction *a, b, c*, pour into the body of the goose, a glass of port wine, and a large spoonful of mustard, previously mixed at the side-board. Bring the neck end towards you, and cut the whole breast in long slices, in the lines *d, e*, from one wing to another; but only remove them as you help each person, unless the company is so large as to require the legs also. In taking off the leg, put the fork into the small end of the bone, pressing it to the body, and having passed the knife at *d*, turn the leg back, and if the goose is young, the joint will separate with ease. To take off the wing, put the fork into the small end of the pinion, and press it close; then insert the knife at *d*, and divide the joint by cutting down in the direction *d, e*. When the leg and wing of one side is separated, go to the other, if the company is so large as to require it. The best parts are the slices on the breast; the flesh of the wing, divided from the pinion; the thigh-bone, which may be separated easily from the drumstick or bone of the leg; the pinion, and next, the side-bones. The sage and onion should be taken out from the body with a spoon, at the place where the apron lay, and then mixed with the gravy, which must first be poured into the goose before any person is served. Some people like the rump; and others give a preference to the carcase, as being juicy and savoury. In a green goose, the most delicate parts are the breast, and the gistle immediately below it.

A boiled Fowl.

The legs of a boiled fowl are bent inward, and tucked under the belly with skewers, which must be removed. Take the fowl on your plate, and as you carve, place the joints in the dish. Separate the wing in the direction of *a* to *b*; first dividing the joint; and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will part better than if cut. Insert the knife between the leg and body, and cut to the bone; then turn the leg back, and the joint will yield easily, if the fowl is young. When the quarters are removed, take off the merrythought from *a*; and then the neck bones, by putting the knife in at *c*, and pressing it under the long broad part of the bone, in the direction of *c, b*; lift it up, and break it off from the part that adheres to the breast. To divide this from the carcase, cut through the tender ribs,

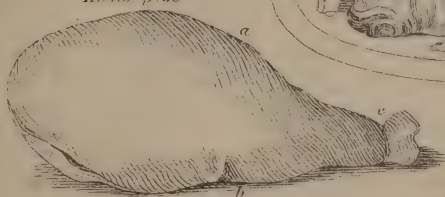
Haunch of Venison p. 35



Pig p. 35.



Ham p. 35



Tongue p. 35.



Goose p. 36



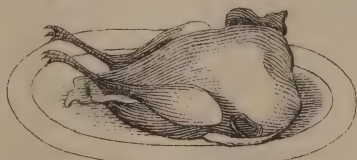
Wing



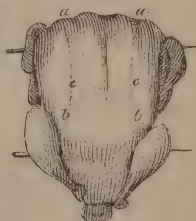
Neck Bone



Leg

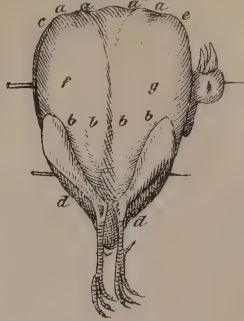


Roast Fowl p. 37



Boiled Fowl p. 36.

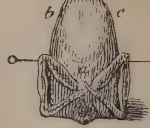
Pheasant p. 37.



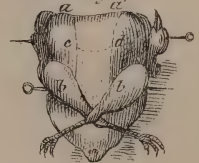
Pigeon p. 38.



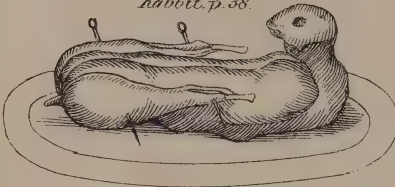
Pigeon p. 38



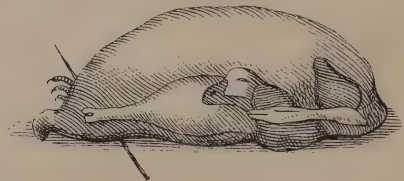
Partridge p. 37



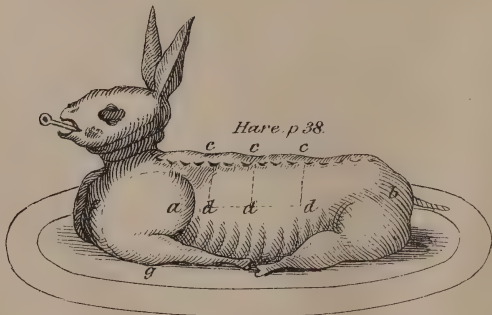
Rabbit p. 38.



Turkey p. 37



Hare p. 38.



close to the breast, down to the end. Next lay the back upwards, insert the knife next the bone, half way from the neck to the rump, and on raising the lower part, it will divide with ease. Turn the rump from you, and take off the two sidesmen,—which completes the process. As each part is taken off, it should be turned neatly on the dish; and care taken, that what is left goes properly from the table. The breast and wings are the choicest parts; but the legs, in younger fowls, are the most juicy.

Roasted Fowl.

A fowl is cut up in the same way, whether roasted or boiled. A roasted fowl is sent to table trussed like a pheasant, except that, instead of the head being tucked under one of the wings, it is, in a fowl, cut off before it is dressed.

A Pheasant.

When the skewers are removed, fix your fork in the middle of the breast; cut down in slices from *a* to *b*; take off the leg on one side of the line *b d*; then separate the wing on the same side in the line *c d*; after which, remove the leg and wing on the opposite side, and then cut off the slices of the breast, which were before divided. In taking off the wings, care must be observed not to cut too near the neck, as at the point *g* is the bone, from which the wing must be separated. Cut off the merrythought in the direction *f g*, by passing the knife under it towards the neck. The other parts are to be divided as in a fowl. The breast, wings, and merrythought are the most esteemed, but the leg has the richest flavour.

Turkey.

Whether roasted or boiled, a turkey is served up like a fowl, and cut up in the same manner as a pheasant. The best parts are the breast, wings, and neck-bones. The neck itself is taken away, and the cavity under the breast, stuffed with forced meat, which must be cut into thin slices from the rump to the neck, and a portion given with each piece of the turkey. The common practice is not to cut up more than the breast, or one of the wings; but this must be regulated by circumstances, and the number of guests at table.

Partridge.

This bird is cut up in the same manner as a fowl; but the skewers must be taken out before it is sent to table. The wings are to be cut off in the line *a b*, and the merrythought in that of *c d*. The parts most preferred are the wings, breast, and merrythought; but from the smallness of the bird, the two latter are seldom divided. The wing is the best, and the tip of it is deemed most delicious by epicures.

Pigeons.

These birds may either be cut in two, lengthways, or across the middle; but the best method of dividing them, is from the neck to the point *a*. The figure represents the back of the pigeon, and the direction of the knife is in the line *c b* by *a*, when cut in the latter way.

Woodcocks, Plovers, Snipes, and Curlews.

Raise the legs and wings as in a fowl, but the head must be opened for the brain.

Cranes.

When the legs are unfolded, the wings must be cut off; then taken up, and sauced with powdered ginger, vinegar, salt, and mustard. This is called, in the old phraseology, displaying a crane.

To lift a Swan.

Slit it fairly down the middle of the breast, clean through the back, from the neck to the rump; divide it into two parts, and lay them on a dish, with the flat sides downwards; after which, throw some salt thereon.

Hare.

Insert the point of your knife under the shoulder in the direction *a*, and then cut all down to the rump, on one side of the back-bone, in the line *a* to *b*. Do the same on the other side, by which process the whole hare will be divided into three parts. Cut the back into four, as *c, d*, which, with the legs, is the most esteemed. Cut the shoulder off circularly, as *a, e, g*; lay the pieces on the dish as they are taken off, and then help the company, giving some stuffing and gravy to each. If the hare is old, it cannot be thus divided; therefore, in that case, put the knife between the leg and back, and give it a little turn inwards at the joint, which must be hit, and not broken by force. When the legs are separated, a fine collop will be found on each side of the back, then divide the latter into as many pieces as you think proper, and take off the shoulders, which are commonly named the sportsman's pieces, and with many obtain the preference. After helping all round, cut off the head, put the knife between the upper and lower jaw, and divide them; then place the point in the centre, and part the head in two. The ears and brains may then be helped to those who choose them.

To carve a Rabbit.

This is performed nearly in the same manner as directed for a hare; dividing the back into two pieces, which, with the legs, are the most esteemed parts.

GENERAL DIRECTIONS.

BOILING.

Particular care is to be paid to the culinary vessels, that they are kept constantly clean, and thoroughly tinned, otherwise they will both give an unpleasant look to what is cooked, and render it unwholesome.

The kettle in which a joint is dressed, must be of such dimensions as to allow room for a sufficient supply of water, to dilute the grosser particles of the meat. A steady fire must be kept up, that the boiling may continue in an equable state; for should it slacken, the meat will be sodden, and become tough. All meat should be weighed before it is put into the pot, but the time of boiling must be regulated according to the size and quality of the article; care being required to watch the progress; for if the copper or pot boils too quick or too slow, the meat will be over or under done. Fresh-killed meat takes a much longer time than that which has been kept for some days; and longer in cold than in warm weather. The old limit, of a quarter of an hour to a pound, seems to be too little, at least, for those who wish to have their food thoroughly done; and, therefore, twenty minutes may be safely adopted, as a general rule, reckoning from the moment when the boiling commences. It is a sure and tried principle, that the slower meat boils, the better it will eat.

Vegetables should never be boiled in the same vessel with the meat, except turnips with mutton, or carrots and parsnips with salted beef and pork.

Meat is sometimes tied up in a cloth, to keep it clean, which practice is far from being a good one, unless the wrapper hangs very loosely about the joint; and in no case ought it to be floured, as thereby a paste will be formed, which will keep in the fumes that ought to evaporate and render the meat tender.

A moist heat does not dress meat as fast as a dry one, and therefore a longer time, reckoning from the first putting the joint into the pot, is necessary for boiling than roasting.

A trivet or fish drainer put into the boiler, and thereby raising the meat about an inch and a half from the bottom, will prevent the under side from being over done, and also enable you to take the joint out without disfiguring it. Four skewers, or a reversed soup plate, will answer the same purpose.

In boiling veal, some persons put in milk, to make it white; but this often does more harm than good; the milk being apt to curdle, and to give the meat a brown or yellow cast, besides hanging about it in disagreeable lumps. By just dusting the veal with flour, and putting it into the water when cold, these unpleasant appearances will be prevented.

In winter, when meat is frozen, it should be thawed by letting it lie some time in cold water.

A little salt is always to be thrown into the pot, after the water has begun to boil; and the scum must be taken off as fast as it rises. The oftener broths and soups are skimmed, the cleaner and more agreeable they will prove.

If the steam is kept in while meat is dressing, the water will not be much reduced; and therefore, when it is desirable that it should boil away, uncover the pot, or set the lid partly on one side.

ROASTING.

In the first place, observe that your spit is properly cleaned with sand and water, for brick dust and oil will give a bad appearance and disagreeable taste to the meat. When well scoured, wipe it dry with a clean cloth. If the spit is carefully wiped after using, and while hot, it will require nothing more than a slight rubbing when next wanted. The less it passes through the meat, the better: and in many joints, it will enter at the bones, and run along them for some distance, without doing the least injury to the prime parts. Care must be taken that the meat is balanced evenly on the spit, that its motion may be regular, and the fire act equally on every part. For this purpose, you must be provided with leaden or balancing skewers, and what are called cook-holds.

Put a little salt and water into the dripping pan, and with this baste the meat for a little time before the fat or butter is used. When the meat is dry, baste it with flour. By salting meat before it is put down to roast, the gravy is drawn out. Salt, therefore, should be reserved till the joint is almost done.

Roasting requires a radiant heat; therefore make up the fire in time, proportion it to the dinner that is to be dressed, and extend it of a sufficient length, so that the ends of the joint, or whatever else is put down before it, may be as thoroughly done as the rest. About half an hour or more before your roasting is to begin, prepare the grate, by laying on a few substantial coals, and putting between the bars, others of different sizes, according to the bulk of the joint, and the degree of heat necessary to be kept up for dressing it; after which, wet the cinders, and throw them on the back. Be careful to avoid putting any meat before a hollow or exhausted fire, which will soon want recruiting; and if the heat becomes too fierce while you are roasting, draw off the spit to a considerable distance, till it is somewhat abated.

If the article to be dressed is thin and delicate, the fire must be little and brisk; and on the contrary, when your joint is large, the fire must be strong and equally clear in every

part of the grate. Stir it well before the joint is put down; watch it from time to time; keep it clear at the bottom, and take care that there are no smoky coals in the front. Avoid putting the meat too near at first; and the larger the joint is, the farther off it must be kept; for should it be scorched, the outside will become hard, and have an unpleasant taste; nor will the meat be well done. The usual distance at which meat should be kept from the fire, is between ten and fourteen inches, or a foot, upon an average. After being put down, it is to be placed nearer, according as the joint will bear the heat.

The dripping-pan should be kept so far off, as barely to catch what falls from the meat; for if it is too near the grate, the ashes will fall into it and spoil the contents; and if, again, it is too far from the fire, the fat, by falling on the live cinders, will be lost; and yield, besides, a stinking smoke injurious to the meat.

The best size for a dripping-pan is, twenty-eight inches by twenty, with a covered well on the side farthest from the fire, to collect the fat. In a pan of this description, fried fish may be occasionally laid, and various kinds of dishes to keep hot.

A good meat screen is indispensably necessary, to guard what is dressed from external air, and to condense the heat. It should go upon wheels; not be less than three feet and a half in width; and will be the better if it has shelves and hooks, so as to make it answer all the purposes of a Dutch oven.

The jack should be kept as clean as possible, oiled, and wiped. After the meat is done, cover it up, and take off the flyers, to prevent their gathering dust.

In roasting, it is impossible to lay down any specific rules for time; but if the fire is properly kept up, according to the preceding directions, and the meat is not frozen, from fifteen to twenty minutes, for each pound, may be considered as generally sufficient.

When the meat is half done, remove the spit and pan back; stir up the fire well, that it may burn clear and bright for the browning; and when the steam draws towards the grate, it is a sign of being nearly, if not quite done. The rising of the steam is a sure criterion that the joint is thoroughly impregnated with the heat; and, therefore, any further evaporation is not only unnecessary, but an actual waste.

Half an hour before the meat is done, make your gravy, and just before taking up the joint, put it nearer the fire, to be browned. To raise a froth upon the surface, baste it with butter, and dredge it with just flour enough to give it a light varnish.

Observe, that old meat does not require so much roasting as young, for this reason, that it can be eaten with more of the gravy in it.

As some families do not possess the convenience of a jack and spit, it is proper to add a remark in this place, on the simple method of roasting by a string. Previous to putting down your meat to the fire, pass a strong skewer through each end of the joint; by which means, when it is about half done, it can be easily turned, so as to preserve the gravy. A bottle jack, and Dutch oven, are exceedingly useful for roasting ordinary joints.

In all cases, let the cook bear in mind, that good roasting depends upon time, distance, frequent basting, and a clear fire.

To keep meat hot, take it up as soon as done, and if the company be not come, set it over a pan of boiling water, cover it with another, and spread a cloth over all. By this way the gravy will be kept from drying up.

BAKING.

Though the oven cannot be said to rival the spit and jack, with complete success; the advantages which it possesses, are many and important, especially for families of contracted means, and whose habitations do not afford the conveniences necessary for roasting. Here, however, almost every thing depends upon the baker, and therefore nothing more need be said, than to observe, that legs and loins of pork, legs and shoulders of mutton, fillets of veal, and solid pieces of beef, are the fittest joints for the oven; and that the pan, or whatever utensil is employed for the purpose, ought to be perfectly clean. Potatoes bake exceedingly well with meat, and so does batter pudding.

BROILING.

Take care that your gridiron is kept constantly clean, particularly between the bars, and that it is bright on the top. While hot, wipe it thoroughly with a cloth; and just before it is to be used, rub the bars over with mutton suet, to prevent the meat, or whatever is to be laid thereon, from sticking or being burnt. Let the fire be properly prepared in sufficient time, so that it may burn clear; and never force the broiling, lest you raise a smoke, and spoil what you are cooking. Before the articles to be broiled are put on the gridiron, see that the bars are thoroughly hot, so that the upper part does not burn. The best gridirons are those of which the bars are concave, and terminate in a trough to catch the gravy, and keep the fat from falling into the fire. Upright ones are to be preferred, because they can be used at any fire, without any risk of producing a smoke. Never baste any thing

while on the gridiron, for the very reason assigned in the preceding remarks. All broiled articles, whether fish or flesh, should be sent up to table as hot as possible. When the fire is not perfectly clear, what is wanting may be completed by heating in the Dutch oven.

FRYING.

This is a still more convenient mode of cooking than broiling; and it may be performed when the fire will not serve either for that or roasting. The pan should be well tinned, be about four inches in depth, with a thick and flat bottom, twelve inches long, and nine broad, and the sides perpendicular. Take care that it is quite clean, and when about to use it, rub the bottom with some fat, then make it warm, and wipe it out with a clean cloth.

In frying, use no oil, butter, lard, or dripping, but what is perfectly clean, sweet, and free from salt. Olive oil is the best vehicle for frying; but if it is of an inferior sort, it will spoil whatever is dressed in it. Generally, therefore, clarified butter, or clean and fresh lard, should be used; the last for fish, and the former for meat, especially veal cutlets. In frying with butter, watch it carefully; for if it should burn, whatever is done in it, will assume a black and disgusting appearance. Cooks who are in the habit of frying much, commonly use mutton or beef suet, clarified, especially that which is about the kidney. Next to this, dripping, if nice and fresh, is excellent. If it is not perfectly clean, it may be easily clarified. Whatever fat is used, should be suffered to remain in the pan for a few minutes, and then poured through a sieve into a basin. This will do again several times, as well as at first; but the fat in which fish has been fried, cannot be employed more than once.

For watery substances, as fish, parsley, spinach, or potatoes, you must have a very clear fire, and the fat quite hot, which last may be ascertained by its having done hissing, and remaining still. It is an infallible maxim, that unless the fat is perfectly hot, the fish fried in it will neither have a good colour, nor be firm and crisp. In order to determine whether the fat is in a proper state, throw in a small bit of bread, and if it fries crisp, the fish may be put in immediately; but if the bread burns, the fat is too hot.

The fire under the pan must be clear and brisk, else whatever is cooked will be sodden, rather than fried. As it is expedient to have a good light, get a lamp fixed on a moveable arm, sliding up and down a stem, and capable of being lengthened at pleasure

Though frying is one of the most common of the culinary processes, it is rarely performed as it should be, for want of a proper attention to the state of the pan, and neglecting to drain off the fat, the consequence of which is, that the article dressed, especially bread, appears greasy. Oatmeal, and biscuit powder, are excellent substitutes for crumbs, in this branch of cookery. When, however, bread is preferred, it should be two days old; and the loaf divided into three parts, the middle piece for the pan, and the top and bottom for the table.

MADE DISHES.

The cook cannot be too often reminded of the necessary duty of keeping all her utensils in constant order; for if they are not perfectly clean, and the vessels well tinned, whatever is hashed, stewed, or boiled in them, will be offensive to the taste, disagreeable in appearance, and injurious to health.

White sauces should possess a considerable degree of piquancy, and before eggs or cream are used, the ingredients with which they are to be incorporated must be well mixed, till they have attained a proper consistence. They ought not, however, to be stirred with a spoon, neither should they be set upon the fire after the eggs and cream are put in; but the saucepan is to be held at a proper height, and shaken all one way. Whatever is dressed must be taken out with a slice, and the sauce strained over it, or into a tureen, according to the nature of the article. In browning, no fat must be suffered to remain; and before the dish is ready, wine or anchovy is to be put into it, proportioned to the quality. Force meat balls should be well drained, and by no means boiled in the sauce, but added to it after the meat is taken up. In most compound or made dishes, balls, morels, truffles, artichoke bottoms, and pickled mushrooms, are agreeable condiments; but in some cases a roll of force meat is preferable to balls.

As ready-dressed meat is commonly used for made dishes, care must be taken to trim off the skin, gristle, and unsightly parts, to make the article look handsome.

Ragouts.

Every ragout should be dressed the day before it is wanted, that any fat which may have escaped notice, may be taken off clean with the skimmer.

Hashes.

Meats dressed in this way, should only simmer gently, till just warmed through, because they have already been nearly, if not quite done. In order to warm up made-dishes, as ragouts, stews, and hashes, put what may be left into a deep

dish, or large tureen, and when wanted, set it in a stew-pan of boiling water, letting it stand till the meat is heated sufficiently. The bain-marie, or water bath, is an excellent vessel to warm up ready-dressed dishes, as it neither wastes the sauce, nor makes the meat tough. Where this utensil is not at hand, a Dutch oven will supply its place. The bain-marie is a flat vessel containing boiling water, and the effect of it is, to keep every thing warm, without depreciating the quality or lessening the quantity of the article, particularly soups. In making hashes, select those parts of the joint that are underdone; and in thus dressing the remnant of a leg of mutton, take care to saw the bone in two, then twist paper round the ends, and send it up separately as a side dish, with parsley.

POTTING.

Every article that is potted, should be well covered with fresh butter, clarified by being oiled in some water over a gentle fire, and then let to stand till cold. Next pour off the butter; and when it congeals, lay it over the pots, cover them with strong paper and bake them. When done, the skins must be taken from the meat, fowl, or fish, and the gravy drained off. Beat the seasoning well into powder, and whatsoever you pot, press it down hard, and let it be perfectly cold before the butter is laid on.

COLLARING.

Whatever is collared must be rolled up very neatly, and bound as tight as possible, otherwise, when cut, it will fall in pieces. Boil it well, but not too much; and let it cool before you put it into the pickle. After being soured all night, unbind it, put it in a dish, and when cut, the skin will be transparent, and the meat firm.

TO MAKE GRAVIES AND SAUCES.

Though a keen appetite is said to be the best sauce, every one must admit that the homeliest food may be rendered more relishing, and the richest more delicious, by good gravy and other savoury accompaniments. The art of preparing these auxiliaries, therefore, and of adapting them to the principal dishes, has always been considered as one of the most important branches of the culinary science. Heretofore, indeed, the processes recommended in making gravies and sauces, were for the most part extravagant, and pernicious; as if it were the sole business of an ingenious cook to disorder the stomach, for the sake of pleasing the palate. Hence, quantities of substantial meat were destroyed, to give a new flavour to one article of food; while the remotest regions of the earth were laid under

tribute for preposterous and injurious excitements, to gratify pride, and pamper a vitiated taste. At present there seems to be a considerable reform in the pleasures of the table; and if luxury still reigns, it has at least the merit of having assumed a more natural appearance. It is no longer deemed a refinement, to consume fifty legs of mutton to provide a small dish for a great man's appetite, or to extract the juices of two partridges to furnish gravy for one: where fifty inflammatory ingredients were used to constitute a single sauce, five are now reckoned more than sufficient; and in short, simplicity has taken place of empiricism, generally, in the art and mystery of cookery.

In the following formulæ, regard has been chiefly had to economy combined with elegance, and to salubrity with indulgence.

A few preliminaries, however, are necessary for the guidance of the cook, who should be always careful to send up gravies and sauces as hot as possible. Nothing can be more unseemly than the surface of a sauce-boat in a frozen state, or exhibiting floating flakes of grease. To prevent this, pass it through a tammiss, or napkin, that has been dipped in cold water, which will coagulate the fat, and only suffer the clear gravy to escape. Should any greasy particles remain, you may remove them easily by applying gently, some fine filtering paper, which will take up every spot with ease.

Having opened a bottle of catsup, essence of anchovy, or any other permanent sauce, throw away the old cork, and supply its place with a new one that will fit close. Velvet corks are best.

Melted Butter.

Though nothing is more in use, in English cookery, than melted butter, it seldom makes its appearance in a state to give satisfaction. This is owing partly to negligence, and partly to parsimony; the cook being in a hurry to get her work done, and the mistress allowing too little butter of a good quality for the purpose. The best way of preparing this essential article is as follows:—Cut two ounces of butter into very small pieces, that it may melt easily, and mix readily; put the same into a pint stew-pan, which should be kept solely for that purpose; and add thereto a large tea-spoonful of flour, and two table-spoonful of milk. When these are thoroughly blended, put in six table-spoonful of water; hold it over the fire, and shake it round every minute, all the while, in one direction, till it begins to simmer, and then let it stand quietly, and boil up; by which time it should be as thick as good cream. If it is intended to be poured over vegetables, a little more milk may be added to thin it. Should the butter, with all your pains, turn to oil, pour into it a

spoonful of cold water, and keep stirring it with a spoon; but if it is very much oiled, it must be poured backwards and forwards from the stewpan to the sauce-boat till it is restored. Melted butter designed to flavour essences, catsup, &c. must be as thick as light batter, that it may adhere to the fish, or whatever it is to be eaten with.

To clarify Butter.

Put the butter into a stew-pan, over a clear slow fire, watch it carefully, and when it is melted, skim off the froth and milk from the top. Let it stand a couple of minutes, for the sediment to settle; then pour off the clear butter through a sieve into a basin.

Butter thus purified, will have the sweetness of marrow, and prove an excellent coating for potted meats, and for frying fish, equal to the best Florence oil.

The German method of clarifying fresh Butter.

Set a large tinned copper vessel on a trivet, over a charcoal fire; and put into it some new butter, before it has acquired any strong taste, in small portions at a time. To about fifty pounds, add a large onion cut cross-wise. Watch the butter attentively, and keep skimming it the moment it begins to boil; after which, the fire should be slackened, that it may simmer for five minutes; and then, if it cannot be suddenly removed, the fire must be put out. Then take out the onion, and leave the butter standing till all the impurities sink to the bottom. Large tin canisters, stone jars, or wooden vessels made air-tight, must be previously prepared to receive the liquid butter, which is to be kept closely covered for use. When wanted, this butter should be taken out with a wooden spoon.

Burnt Butter.

Put two ounces of fresh butter into a small frying-pan; and when it assumes a dark brown colour, add thereto a table-spoonful and a half of the best vinegar, with a little pepper and salt. This makes a good sauce for boiled fish and poached eggs.

Oiled Butter.

This is intended as a substitute for olive oil, to which it is deemed preferable by some persons, particularly for salads or frying fish. It is made by putting two ounces of good fresh butter into a saucepan, and setting it at some distance from the fire, so that it may melt gradually, till it becomes a clear oil, after which, pour it off from the sediment.

Parsley and Butter.

Clean some parsley and pick it leaf by leaf; put a tea-spoonful of salt into half a pint of boiling water; let the

parsley boil therein about ten minutes, drain it on a sieve, mince it fine, and bruise it to a pulp, put it into a sauce-boat, and mix it gradually with about half a pint of melted butter, but do not put much flour to it. Send the parsley and butter up in a boat.—Fennel and butter for mackarel must be prepared in the same way.

To thicken Butter for Gravy.

Clarified butter is best; but if you have it not, put some fresh butter into a stewpan over a slow fire, and when melted, add fine flour to it sufficient to make it as thick as paste; stir it well with a wooden spoon for about a quarter of an hour, till it is perfectly smooth, and as yellow as gold. Pour it into an earthen pan for use. If not done gradually, or put over too strong a fire, it will burn and become bitter: a large spoonful will be sufficient to thicken a quart of gravy. The less butter and the more flour you use, the better; half an ounce of the former to a table-spoonful of the latter; but they must be well worked together, and the gravy added to it by degrees. After thickening your sauce, pour to it some broth or warm water, in the proportion of two table-spoonsful to a pint, and set it by the fire, to raise the fat, which must be taken off carefully.

Some thicken their sauces and gravies with flour only, or the farina of potatoes, and others again with the fat skimmings of broth.

A plain Gravy.

To a pound of lean juicy beef, notched and floured, put as much water as will make a pint of gravy. Stew this gently till the goodness of the meat is extracted; and about half an hour before it is taken off the fire, put into it a crust of bread. When done, strain it off, and remove the fat, thicken it with some butter rolled in flour, and season it with black or cayenne pepper and salt. An onion and sweet herbs may be added at pleasure. The milt of an ox makes also an excellent gravy, and may even be preferred to the beef. A bullock's kidney or skirt makes likewise a very good gravy, cut in pieces, and boiled in a pint of water with a little onion, a blade of mace, and some salt. Strain it clear, and thicken it with butter rolled in flour.

To draw Gravy.

Slice two pounds of beef, and fry them brown, with two or three onions, and as many carrots. Next put them into a saucepan with a little broth, and stew gently till the gravy is entirely drawn from the meat; then put in a quart of boiling water, and stew for three hours more; after which, strain it; leaving the fat till the gravy is wanted.

Another method of making Gravy.

Take pieces of beef, veal, and mutton, cut them small, and lay them alternately in a stew-pan, the beef undermost, then the mutton, with a small piece of bacon, a slice or two of carrot, some mace, black pepper, a large onion sliced, a bunch of sweet herbs, and over these the veal. Cover the pan close, and set it on a slow fire for six or seven minutes, now and then shaking it; then throw in some flour, and pour in some boiling water till the meat is completely covered; then close the pan again, and let the gravy stew till it is rich and good; season to your taste with salt, and strain it off for use.

A good keeping Gravy.

Put an ounce of butter into a frying pan, which must be kept at such a height from the fire, that while flour is sprinkling over the butter, it may become brown, and not black. Add to it two pounds of lean beef, one quart of water, half a pint of red or white wine, three anchovies, two shalots, some white pepper, a few cloves, and a little mace, with three or four mushrooms, or pickled walnuts. Let the whole stew gently about an hour, when it may be strained off for use. It will keep several days.

Beef Gravy.

Lay at the bottom of a stew-pan, one slice of ham or lean bacon, four or five pounds of gravy-beef cut small, a carrot, an onion with two cloves stuck in it, and a head of celery; put thereto a pint of broth, or water, cover it close, and set it over a moderate fire, till the liquor is reduced so low as barely to prevent the meat and vegetables from burning; then turn the whole over, to brown slightly and equally; put in three quarts of boiling water, and as the scum rises take it off. Great care is necessary to observe the time when the boiling water is added; for if it is poured in too soon, the colour and flavour of the gravy will be injured, and if it be left till the meat sticks to the pan, it will acquire a bad taste. Set the gravy by the side of the fire, where it may stew gently for about four hours; strain through a tammy; then clear it well from fat, and set it in a cool place for use.

A strong savoury Gravy.

Into a stew-pan put one or two slices of undressed ham or bacon, two pounds of beef or veal, a carrot, one large onion with four cloves stuck in it, a head of celery, a small bundle of parsley, lemon thyme, and savory, a few leaves of sweet basil, a bay leaf, and a shalot, a piece of lemon peel, and twelve berries of allspice; pour over this a half pint of water, cover it close, and let it simmer gently on a slow fire for half an

hour; in which time it will be nearly dry; watch it carefully, and suffer it to take a good brown colour on every side, then add thereto three pints of boiling water, and let it boil two hours, when it will be very rich.

Cullis, or thickened Gravy.

To one quart of gravy, add one or two table-spoonfuls of flour, according to the required thickness; put the same into a basin, with a ladleful of gravy; stir it well, and pour in the rest by degrees, till the whole is thoroughly mixed; return it into the stew-pan, and let it stand by the side of the fire to simmer for half an hour, that the thickening may incorporate with the liquor, with which the pan should be only half covered, stirring it frequently. The scum which gathers on the top ought not to be taken off, till the gravy is about to be strained through a tammiss; the best way of doing which is, by two persons twisting it different ways. Observe that the gravy is not of too pale nor of too dark a colour; and if it is not sufficiently thick, let it stew some time longer; or you may add some portable soup to it; but if, on the contrary, it is too thick, it may be rendered clearer by the addition of a little warm broth or water. When the sauce is done, stir it in the basin while cooling.

Gravy for Roast Meat.

Most joints will yield trimmings enough to make half a pint of gravy, which may be browned with a little burnt sugar, in walnut catsup. Otherwise you may, about half an hour before the meat is done, drop a little salt and water on the brownest parts, setting a dish underneath to receive the gravy that will thereby be drawn from it. As this cools, the fat will settle on the top; remove it, and when the meat is done, warm up the gravy, and pour it into the dish.

A good browning may be made of the over-done bits of roasted or boiled meat, by cutting them small, putting them into a basin, covering them with boiling water, and setting them aside till the next day; then put the gravy into a sauce-pan, let it boil two or three minutes, strain it through a sieve, and keep it for use. When you want gravy for roast beef or mutton, put two and a half table-spoonfuls of this into half a pint of boiling water, with a little salt; but if it is for roasted veal, put three spoonfuls into half a pint of butter melted thin.

Gravy for Boiled Meat.

This may be made of parings and trimmings, or you may pour from a quarter to half a pint of the liquor, in which the meat was boiled, into the dish with it, and by probing the interior part of the joint with a skewer, sufficient juice will be drawn from it for your purpose.

Veal Gravy.

Put into a stew-pan as much lean veal as will cover the bottom to the thickness of an inch; spread over the same some slices of undressed gammon, and two or three onions. Cover the pan close, and set it over a slow fire; but when the juices begin to exude, increase the heat. When the meat is finely browned, fill the pan with good beef broth, boil and skim it, and let it simmer an hour: add thereto a little water, mixed with flour enough to give it a proper thickness; then boil for half an hour, and strain it for use.

A Gravy without Meat.

Into a basin, put one glass of small beer, the same quantity of water, some pepper, salt, grated lemon-peel, one or two bruised cloves, and a spoonful of catsup: slice an onion, and flour and fry it in a little butter till it is brown; then add it to the rest, cover it, and let it simmer twenty minutes. When cold, take off the fat, and strain it for use.

A rich Gravy.

Cut beef into thin pieces; slice some onions thin, flour and fry them of a light brown; put them into a stew-pan, pour boiling water on the browning in the frying-pan, boil it up, and pour it on the meat. Add thereto, a bunch of parsley, thyme, and savory; a little knotted marjoram, tarragon, some mace, berries of allspice, whole black pepper, one or two cloves, and a slice of ham or gammon of bacon. Let the whole simmer till the juice of the meat is extracted; and while doing, skim it often. If the gravy is for a hare or stewed fish, an anchovy must be added.

A Gravy which gives the Flavour of Venison to Mutton.

Pick a stale woodcock or snipe, cut it to pieces, first taking out the bag from the entrails, and simmer with as much unseasoned meat-gravy as is necessary. Strain it, and serve it in the dish with the mutton.

Mutton Gravy, for Venison or Hare.

The best gravy for venison is made of the trimmings of the joint itself; but if these cannot be spared, cut up a scrag of mutton, and broil the pieces till they are brown; put them into a stew-pan with a quart of boiling water, cover it close, and let it simmer for an hour; then uncover the pan, and suffer the liquor to be reduced to three-quarters of a pint; strain it through a hair sieve, take off the fat, season with some salt, and send the gravy to table. It may be coloured with a little browning.

Gravy for a Fowl.

Wash the feet well, cut them and the neck into small pieces; simmer them with a little toasted bread, a slice of onion, some parsley and thyme, pepper and salt, liver and gizzard, in a quarter of a pint of water, till one half is evaporated. Take out the liver, bruise it, and strain the liquor to it; then thicken it with flour and butter, and add a tea-spoonful of mushroom catsup.

Gravy for Poultry.

Take a pound of gravy beef, and score it with a knife in several places; flour it a good deal, and put it into a stew-pan with some butter ready melted. Fry the meat, turning it over and over, that it may be thoroughly browned; then pour in three pints of boiling water, some whole pepper, two or three cloves, a bunch of sweet herbs, and a large crust of bread. Cover the pan close, and let it boil till the liquor is reduced to a pint; then strain it off, add some salt, and thicken it, if necessary, with flour and butter.

Liver Gravy for a Turkey or Fowl.

Boil the neck, heart, liver, and gizzard of a turkey in three-quarters of a pint, or, if of a fowl, in half a pint of water, with a little thyme and savory, and a small piece of toasted bread. When the liver is done thoroughly, take it out, and let the rest stew till reduced about one half. Strain it off, then put in a spoonful of mushroom catsup, and the liver, after having pounded it in a mortar. When these are well mixed, strain the liquor once more, add a little butter rolled in flour, and give it a good simmering over the fire. If it is too thick, pour in some boiling water, and simmer it a few minutes longer.

Fish Gravy.

Put as much skate, or as many small eels or flounders cut in pieces, as you shall want for gravy, into a saucepan, with water enough to cover them. Add thereto some sweet herbs, a little whole pepper and mace, a small piece of lemon peel, and a very little horse-radish. Stew all these till the fish is drawn down, and put in, when about half done, a toasted crust of bread to give it a browning. Strain it off, thicken it with a piece of butter and flour, and flavour it with the essence of anchovy; or you may stew two anchovies with it.

Another Fish Gravy.

Skin two or three eels, or some flounders; gut, and wash them clean; then cut them into small pieces, and put them into a saucepan; pour cold water over them, and add thereto a little crust of bread made brown, two blades of mace, some

whole pepper, sweet herbs, a piece of lemon peel, one or two anchovies, and a tea-spoonful of horse radish. Cover the pan close and let it simmer; add a little butter and flour, and boil the whole together.

Savoury Jelly for Cold Pies.

Take a small bare knuckle of the leg or shoulder of veal, or a piece of scrag of mutton or veal; but if the pie be made of fowls or rabbits, the carcasses, necks, and heads of them will suffice. For a thickening, add cow-heel or shanks of mutton; then put the meat, with a slice of lean ham, or bacon, a bundle of sweet herbs, two blades of mace, one or two onions, a bit of lemon peel, a tea-spoonful of Jamaica pepper, as much of whole pepper, and three pints of water, into a stew-pan. Shut up all close, and as soon as it boils, skim it well, and let it simmer slowly, till it is quite strong; strain it off, and when cold, remove the fat very carefully, so as not to let a particle remain on the surface. If it is not clear enough, boil the liquor only a few minutes with the whites of two eggs, then pour it through a fine sieve with a napkin over it, which has been dipped in boiling water.

A Jelly to cover Fish.

Clean the fish called a maid, and put it into three quarts of water, with a calf's foot, or cow-heel a piece of horse-radish, an onion, three blades of mace, some white pepper, a bit of lemon peel, and a slice of lean gammon of bacon. Stew the whole till it begins to glutinize, then strain it off; and when cold remove every particle of fat; clear it from the sediment, and boil it with a glass of sherry, the whites of four or five eggs, and a piece of lemon peel. Simmer the whole gently without stirring, and after a few minutes, put it on the side to settle for half an hour; then strain it, when cold, through a bag or sieve. When cold, cover the fish with a wet cloth.

SAUCES.

From the art of making gravies, we naturally proceed to that of composing sauces, beginning with those preparations which should be always at hand, and carefully kept for use in the store room or pantry, with other culinary ingredients, to be used as occasion shall serve.

Essence of Nutmeg, Cloves, and Mace.

Take two ounces of the strongest spirit of wine, apothecary's measure; and add to it a drachm of the oil of nutmeg, clove, or mace:—or a tincture of the same may be made in this way; steep of bruised spice three ounces, in one quart of French brandy.

Essence of Cinnamon.

Steep one drachm of the oil of cinnamon in two ounces of rectified spirit of wine. To make a tincture, pour a bottle of the best brandy on three ounces of bruised cinnamon. Take care to have genuine cinnamon, and not cassia.

drachm *Essence of Marjoram.*

Steep one ounce of the oil of origanum in two ounces of the strongest rectified spirit; always remembering to adjust the proportions by apothecary's measure.

Essence of Lemon Peel.

Having cleaned and dried the lemons, rub them with a piece of lump sugar, till all the yellow is cleaned off; then lay the mixture in a pot, press it down, and keep it for use. Seville oranges may be adopted instead of lemons.

Quintessence of Lemon Peel.

Take of the oil of lemon one drachm, and of the strongest rectified spirit two ounces; mix these gradually, and the composition will be excellent for various purposes. A tincture of lemon peel may be had by putting the thin rinds of lemons, when cleaned, into a bottle of spirit, particularly brandy, and, at the end of a fortnight, decanting it off for use.

Essence of Allspice.

Take a drachm of the oil of pimento, and mix it gradually with two ounces of strong spirit of wine. A few drops of this will flavour a pint of gravy or mulled wine.

Tincture of Allspice.

Steep three ounces of bruised allspice, apothecaries weight, in a quart of brandy, for a fortnight, soaking it from time to time, and then pour off the clear liquor. It is excellent for gravies.

Essence of Anchovy.

Pound in a mortar, ten or twelve anchovies that have been well pickled; put the pulp into a saucepan, then throw a table-spoonful of cold water into the mortar, shake it round, and pour it to the anchovies. Set the pan by the side of a slow fire, frequently stirring its contents, till the whole is melted, which will be in about five minutes. Then stir in a quarter of a drachm of cayenne, and let it remain by the fire a few minutes longer. Rub it through a hair sieve, with the back of a wooden spoon; bottle it up, and keep it well corked, for the air will spoil it directly. Instead of water, some put in sherry or madeira, with the addition of mushroom catsup.

Another form.

Pound from two to four pounds and a half of anchovies, and rub the pulp through a fine hair sieve; boil the bones with seven ounces of common salt in six pounds of water; strain it off, and add seven ounces of flour, with the fish. Boil the whole; pass it through a sieve; and then colour it with Venetian red to your fancy. It should produce a gallon of liquor, which must be carefully stopped and sealed.

The Venetian red, if genuine, is an innocent substance, but it is sometimes adulterated with orange lead, which is nothing better than minium, or red oxyde of lead, which is poisonous. Some oilmen, instead of this pernicious pigment, colour the sauce with Arminian bole, which is harmless.

Anchovy Paste.

Pound anchovies in a mortar, rub the pulp through a fine sieve, pot it, and then cover it with clarified butter. It may also be made for immediate use, by rubbing the essence with some flour; adding thereto, if requisite, a little flour of mustard, a pickled walnut, and some cayenne.

Anchovy Powder.

Pound the fish as before, rub the substance through a sieve, and make it into a paste with dried flour, roll it into thin cakes, and set them before a slow fire. Add, if you please, a little cayenne, grated lemon peel, and citric acid; pound the whole to a fine powder, and put it into a well-stopped bottle. It makes a good sandwich when sprinkled on bread and butter.

English Soy.

Take of the seeds of dolichos soja. though peas or beans may be used instead of them, one gallon, boil till soft, add of bruised wheat the same quantity, keep it in a warm place twenty-four hours, then put thereto a gallon of common salt, and two of water; put the whole into a large stone jar, hang it up for two or three months, shaking it frequently; then press out the liquor, and add water and salt to the residuum for soy of an inferior quality.

Another way.

Take of the above seeds or beans thirty-five pounds, stew in a little water for two or three hours, till they can be bruised between the fingers; drain on a sieve, roll them while moist in flour of the same seeds, spread upon strainers placed one over another in a hamper, cover the whole with a blanket four or five days, or until the seeds are quite mouldy; then expose them to the sun or a fire until they are so hard that the mouldy

crust may be rubbed off; now pour upon them one hundred pounds weight of water, and add of common salt twenty pounds; let the whole stand in a warm place, for six weeks; pour off the brown liquor, and evaporate gently till it comes to a proper consistence: and add some spice.

A third method

Pound some walnuts, when fit for pickling, in a marble mortar, very small; squeeze them through a strainer; let the liquor stand to settle; then pour the fine part off, and to every quart put a pound of anchovies and two cloves of shalot; then boil it enough to make the scum rise, and skim it well. Add thereto two ounces of Jamaica pepper, a quarter of an ounce of mace, and half a pint of vinegar; then boil it again until the anchovies are dissolved and the shalot tender; let it stand till next day; pour off the fine part, and bottle it for use. Strain the thick through a sieve, and bottle it separately. When used for fish, add some of it to the usual anchovies and butter.

Essence of Celery.

Steep half an ounce of celery seed bruised, in a quarter of a pint of brandy, or proof spirit, and let it stand a fortnight. A few drops will be sufficient to flavour a pint of broth, or pea and other soups.

Essence of Ginger.

Grate three ounces of ginger, and an ounce of thin lemon peel, into a quart of brandy, or proof spirit, and let it stand ten days, shaking it up often. This is an excellent stomachic, and one of the best things that can be taken to expel flatulence.

Essence of Oysters.

Take fresh Milton oysters, wash them in their own liquor, skin, and pound the fish in a marble mortar. To one pint of oysters add a pint of sherry, and boil them, adding an ounce of salt, two drachms of powdered mace, and one of cayenne. Boil all up again, skim it, and rub it through a sieve; and when cold, bottle it off, taking care that it be corked well, and sealed down. This gives an agreeable flavour to white sauces and made dishes. By adding a glass of brandy to the essence, it will keep when oysters are out of season.

Sauce for Chops and Steaks.

Pound fine an ounce of black pepper, half an ounce of all-spice, with one ounce of common salt, half an ounce of scraped horse-radish, and the same quantity of shalot peeled and quartered; put them all together into a pint of mushroom catsup, or walnut pickle, let them stand a fortnight, and then strain the liquor off for use.

Catsup.

There is no article used for domestic purposes, more commonly adulterated than catsup. Quantities are met with constantly, which, on examination by chemical tests, are found impregnated with copper. Catsup, indeed, is often nothing else than the residue left behind after the process employed for obtaining distilled vinegar, diluted with a decoction of the green husk of the walnut, and seasoned with allspice, cayenne pepper, pimento, garlic, and common salt. Those persons, therefore, who love catsup, should make it themselves, otherwise they can never be sure of escaping from the effects of the villanous compositions which are manufactured by unprincipled dealers.

Mushroom Catsup.

Take of mushrooms and common salt, each four pounds; sprinkle the last over the mushrooms, and when the juice is drawn out, add eight ounces of pimento, and one ounce of cloves; boil these for a short time, and press out the liquor: that which remains may be treated again with salt and water for an inferior kind.

Another way.

Take care that the mushrooms are of the right sort, and fresh gathered. Full grown flaps are best. Put a layer of these at the bottom of a deep earthen pan, and sprinkle them with salt, then add another layer of mushrooms, with more salt, and so on alternately. Let them remain two or three hours, by which time the salt will have penetrated the mushrooms, and rendered them easy to break; then pound them in a mortar, or mash them well with your hands, and let them remain two days, during which, stir them up and mash them well; then pour them into a stone jar, and to every quart put an ounce of whole black pepper; stop the jar close, and set it in a stew-pan full of boiling water, and keep it boiling two hours. On taking out the jar, pour the juice clear from the sediment through a hair sieve, into a clean stewpan, and let it boil gently half an hour. Skim it well, and pour it into a clean jar or jug; cover it close, and let it stand in a cool place till the next day, and then decant it off as gently as possible, through a tammis or thick flannel bag, till it is perfectly fine, and add a table-spoonful of good brandy to each pint. Now let it stand again, when a fresh sediment will be deposited, from which the catsup must be gently poured off into bottles, which have been previously washed with brandy or other ardent spirit. Kept close corked, and in a cool place, will remain good a long time. Examine it, however, occasionally, by placing a strong light behind the neck of the bottle, and if any skin appears upon it, boil it up again, with

a few pepper-corns. This is called double catsup, and a table-spoonful of it will impart the full flavour of mushroom to half a pint of sauce.

A third method.

Choose some of the large broad mushrooms, break them into an earthen pan, strew some salt over them, and stir them now and then for three days. Let them stand twelve days longer, till a thick scum rises upon them; then strain off the liquor, and boil it with allspice, and black pepper, mace, ginger, a clove or two, and some mustard seed. When cold, bottle it, and tie a bladder over the cork. If intended for keeping, boil it again with some fresh spice at the end of two or three months, when it will remain good a year or longer.

Walnut Catsup.

Take of the green shells of walnuts one bushel, of common salt six pounds, let them remain for two or three days, stirring them occasionally, that they may turn black, then press out the liquor, add spices, and boil it.

Another method.

Take six half sieves of green walnut shells, put them into a tub, mix them well with two or three pounds of common salt, and let the whole stand six days, frequently beating and mashing them, and when the shells have become soft, back them up on one side of the tub, which must also be raised on that side to let the liquor draw clear to the other. Take this out as fast as it accumulates, and when no more is extracted, simmer what you have drawn off, which will be about six quarts, in an iron boiler, as long as any scum arises, which must be taken away; then bruise a quarter of a pound of ginger, the same quantity of allspice, two ounces of long pepper, as much cloves, and boil the same with the liquor for half an hour. When cold, bottle it off, suffering an equal quantity of the spice to go into each bottle. Fill the bottles quite up, cork them tight, seal them over, and put them into a cool and dry place.

To make green Walnut Catsup.

Take any quantity of walnuts you please, beat them in a mortar, squeeze the mass through a coarse cloth; and to every pint of juice put a pound of anchovies, half a pound of double distilled white wine vinegar, two ounces of shalots, and spices in proportion, not omitting mace and black pepper; boil all together, till there is a reduction of one-third; then pass it through a flannel bag, and when cold, bottle it closely for use.

Another way.

Put over a gentle fire one gallon of the expressed juice of walnuts, when tender, and skim it well; add thereto, two

pounds of anchovies, bones and liquor; the same quantity of shalots, one ounce of cloves, the same of mace and pepper, and one clove of garlic. Let the whole simmer till the shalots sink, then put the liquor into a pan to cool; bottle it up, and divide the spice in an equal proportion to each bottle. This catsup will keep many years, and improve with its age.

Another good Keeping Catsup.

Take two gallons of strong stale beer, or ale, the older and staler the better, one pound of anchovies, washed and cleaned from the pickle, a pound of shalots peeled, half an ounce each of mace, cloves, and whole pepper, four or six races of ginger, and two quarts or more of flap mushrooms, well pickled and rubbed. Boil the whole well over a slow fire for an hour, or till one half is reduced; then strain the liquor through a flannel bag, let it stand, and when quite cold bottle it off, and stop it very close, covering the cork with bladder or leather. A spoonful of this catsup, which will keep twenty years, gives an excellent flavour to fish.

Oyster Catsup.

Take some fine Milton oysters, wash them in their own liquor, then pound them in a marble mortar, with an ounce of salt, two drachms of bruised mace, and one of cayenne. To a pint of oysters, add the same measure of sherry, boil them and the spices up, skim off the scum, and rub the residue through a sieve; and when cold, bottle the liquor up for use.

Cockle Catsup.

Open the cockles, scald them in their own liquor, and put thereto a little water when it settles, if there is not enough; strain through a cloth, and season with different spices to your fancy, or as in the preceding recipe. If for brown sauce, burn a little sugar for colouring, and add port wine, anchovies, and garlic; but if for white, omit them, and put in sherry, lemon juice and peel, mace, nutmeg, and white pepper.—A muscle catsup may be made in the same way.

Quintessence of Mushrooms.

Sprinkle some salt over your mushrooms, which should be either of the flap or button kinds; let them lie three hours, then mash them, and next day strain off the liquor that has drained from them, put it into a stewpan, and boil it till it is half wasted. Though it will not keep long, it is of equal if not superior virtue to many of the catsups, which are overpowered in flavour by the exuberance of spicery.

How to dry Mushrooms.

Wipe them clean; and if they are of the large sort, take out the brown, and peel off the skin. Lay them on a paper to

dry in a cool oven, after which, keep them in paper bags in a place where they may be free from moisture or damp. When to be used, simmer them in the gravy, and they will swell almost to their original size. You may simmer them in their own liquor till it dries entirely up, then shake the pan, and afterwards lay the mushrooms on tin plates, with spice if agreeable, before making them into powder. It should be kept in bottles tied down with bladder.

Mushroom Powder.

Wash half a peck of large fresh mushrooms, and clean them with flannel; scrape out the dark part, and throw away those which are worm-eaten. Put the rest into a stewpan over the fire, without water, adding thereto two large onions, some cloves, a quarter of an ounce of mace, and two spoonful of white pepper, all pulverized. Simmer and shake them till all the liquor is dried up, but take care they do not burn. Lay them on tins or wire sieves in a slow oven, till they are dry enough to be crumbled to powder, which should be put into small bottles, corked tight, and kept in a dry place. A tea-spoonful will give a fine flavour to soup, gravy, or sauce. It should be added just before serving, and then one boil given to it.

Savoury Ragout Powder.

Common salt, one ounce; flour of mustard, half an ounce; allspice, a quarter of an ounce; black pepper ground, and lemon peel either grated or pulverized, half an ounce each; cayenne, two drachms; ginger and nutmeg grated, a quarter of an ounce each: pound these ingredients well, and pass them through a sieve, and then bottle the whole for use. If these articles are previously dried in a Dutch oven, they will pound easier. Care must be taken, however, to avoid exposing them to too great a heat, which will destroy or lessen their flavour. Infused in a quart of wine or vinegar, this powder makes a good relish for soups or sauces. Though spices are essential to a ragout, take care that the flavour does not predominate over the substance.

Pea Powder.

Pound in a marble mortar, half an ounce of dried mint, and the same quantity of sage, a drachm of celery seed, and a quarter of a drachm of cayenne pepper, to which a drachm of allspice or black pepper may be added. Rub them through a fine sieve. This is an excellent flavour for pea soup and water gruel.

Potato Starch.

Peel, wash, and grate, a pound of good-sized potatoes; throw the pulp into a deep dish containing a quart of water; stir it

well, and pass it through a hair sieve; then leave it to settle ten minutes, pour off the water, and put a quart of fresh to it: stir the whole again, and let it settle, repeating this till the last water is quite clear, when there will appear at the bottom of the vessel nothing but pure farina. Lay this powder on a sheet of paper, on a hair sieve, to dry, either in the sun or before the fire, and it will be fit for use. Half an ounce, or a tablespoonful, mixed with double the quantity of cold water, and stirred into soup or sauce, just before taking up, will give to a pint the thickness of cream. It is a good substitute for Indian arrow root, and may be used instead of flour to thicken melted butter.

A super-excellent Sauce.

Take a pint of port wine, and the same quantity of mushroom catsup; half a pint of walnut liquor, or that of any other pickle; four ounces of anchovies powdered; of fresh lemon peel pared thin, an ounce; of peeled and dried shalots, and horse-radish, the same quantity; of allspice and black pepper, each pulverized, half an ounce; of cayenne one drachm, or instead of this, curry powder, three drachms; and of celery seed bruised, one drachm, all avoirdupois weight. Keep these well stopped and shaken for a fortnight, and then strain it off for use: you may add thereto a quarter of a pint of soy or thick browning.

Vegetable Sauce.

Take of dried parsley, winter savory, sweet marjoram, and lemon thyme, each two ounces; of lemon peel cut thin and dried, and sweet basil, an ounce each: dry them in a Dutch oven, then pound them in a mortar, and pass them through a double sieve. Put the powder into a bottle, and keep it well corked for use. An infusion of it in vinegar or wine, will make an admirable sauce for ragouts, and a variety of dishes.

Salad Sauce for Cold Meat, or Fish.

Pound an ounce of scraped horse-radish, add thereto half an ounce of salt, a table-spoonful of made mustard, four drachms of shredded shalot, half a drachm of celery seed bruised, and the same quantity of cayenne. Put to these a pint of burnet or tarragon vinegar, and let it stand in a jar for a week, at the end of which time strain it off for use.

Bread Sauce.

Set a pint of water on the fire, with an onion in it; let it boil with some pepper-corns till all the strength of the onion is extracted. Strain off the water, and put in some crumbs of bread, with half a pint of thick cream, and a little salt; let it stew gently, and when quite soft, beat it smooth, and send it

to table:—or boil a large onion, cut into four parts, with some black pepper corns and milk, till it becomes a pulp. Strain the milk over some grated stale bread, and cover it close for an hour, then put it into a saucepan, with a little butter and flour; boil the whole together and serve it.

Sauce for a Turkey.

Cut the crust of a penny loaf thin, put it in cold water, with a few pepper-corns and a little salt; boil it till soft, then beat it well; add a quarter of a pound of butter, two spoonsful of cream, and send it to table.

Sauce for a boiled Turkey.

Mix half a pound of butter with a tea-spoonful of flour, put thereto a very little water, melt it, and add near a pint of thick cream, with half an anchovy not washed; set it over the fire; and as it boils, add a table-spoonful, or more, if occasion, of real Indian soy. * Turn it into the sauce tureen, with the addition of some salt, and half a lemon; stir it well, to prevent its curdling. This sauce is excellent also for carp.

Mushroom Sauce.

Wash and pick a pint of young mushrooms, and rub them with salt, to take off the tender skin; then put them into a saucepan with a little salt, nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour; boil the whole up, and stir it well till it is done, and then pour it round fowls or rabbits. Garnish with lemons. If fresh mushrooms cannot be had, pickled ones done white with a little mushroom powder will answer the purpose.

Lemon Sauce for boiled Fowls.

Cut the peel off a lemon very thin, and put it into a pint of good cream, with a sprig of lemon thyme, and ten white pepper-corns. Simmer the whole gently till it tastes strongly of the lemon; strain it, and thicken it with a quarter of a pound of fresh butter, and a dessert-spoonful of flour. Boil it well, then pour into it the juice of the lemon that has been strained, stirring it all the time. When the fowls are dished, mix up a little of the white gravy, quite hot, with the cream, but they must not be boiled together. Add salt to your taste.

Dutch Sauce for Meat or Fish.

Put a quarter of a pound of butter into four spoonsful of water, dredge in a little flour, chop three anchovies, and add two spoonsful of vinegar; scrape a little horse-radish, and boil all together, then strain it through a sieve, and send it up hot.

There is another way of making it, without butter or horse radish, by substituting the yolks of two eggs, and the juice of half a lemon: when it is hot, take it off, and strain it as before.

Sauce Robert, for Rumps or Steaks.

Put a piece of butter, of the size of an egg, over the fire in a saucepan, and while browning, add thereto a handful of onions cut very small; fry them brown; then shake some flour over them, and fry them again; after this, put in four spoonsful of gravy, with some pepper and salt, and let it boil gently for about ten minutes; strain off the fat; add a tea-spoonful of made mustard, a large spoonful of vinegar, and the juice of half a lemon; boil the whole of this mixture, and then pour it round the steaks. Garnish with fried parsley and lemon.

Sauce for Steaks, Chops, or Cutlets.

When the chops or steaks are taken out of the frying-pan, leave a table-spoonful of the fat behind, or put into it, instead, about an ounce of butter; add as much flour as will make a paste; rub these well together till they are browned, then put in as much boiling water as will reduce the whole to the thickness of cream, also a table-spoonful of mushroom or walnut catsup, or browning; boil all together a few minutes and pour it through a sieve into the dish with the steaks

Sauce for Hashes

Chop the bones and fragments of the joint that is to be hashed, and put them into the stewpan; cover them with boiling water, add six berries of allspice, a little parsley, half a head of celery cut in pieces, and a small sprig of savory or lemon thyme, or sweet marjoram: cover up the whole close, and simmer gently for half an hour. Slice half an ounce of onion, and put it into a stewpan with one ounce of butter; fry these over a brisk fire for about two minutes, till the whole is slightly browned; then stir in as much flour as will make a paste, and gradually mix therewith the gravy which you have made from the bones and fragments. Let the whole boil slowly for about a quarter of an hour, till it is as thick as cream; then strain it through a sieve into a basin; from which return it to the stewpan. Season it, by putting in a few pickled onions, walnuts, a couple of gherkins, a table-spoonful of catsup, or any other pickle liquor, or some capers, a table-spoonful of ale, a little shalot, or tarragon vinegar. Cover the bottom of the dish with sippets of bread, and garnish it with other sippets fried. The meat will hash better if it is laid in this gravy long enough to get thoroughly warm; and some of the original gravy that came from the joint, on its first dressing, will improve the hash very much

*This receipt is copied by Kitchener.
N. 303. Cook's made.*

Sauce for Minced or Hashed Veal.

Take the bones of cold roast or boiled veal, dredge them well with flour, put them in a stewpan, with a pint and a half of broth or water, a small onion, a little grated or finely minced lemon peel, or the peel itself of a quarter of a small lemon, pared very thin, half a tea-spoonful of salt, and a blade of mace pounded; thicken it by rolling a table-spoonful of flour into half an ounce of butter; stir this into the broth, set it over the fire, and boil gently for about half an hour; strain through a tammy or sieve, after which, it may be put to the meat to warm up, by placing the stewpan by the side of the fire. Squeeze in half a lemon, and cover the bottom of the dish with toasted sippets of bread cut triangularly; garnish with slices of ham or bacon.

Fried Bread Sippets.

Cut a slice of bread about a quarter of an inch thick, divide it into pieces of two inches square, and cut these into triangles. Put some clean fat into a fryingpan; and when it is hot, put in the bread, which should be fried till lightly browned; then take them up, and drain them from the fat, turning them frequently. The pan must be kept so far from the fire, that the fat may be hot enough to brown without burning. Bread done in this manner, forms a very good garnish to the finest made-dishes; it may also be sent up with pea and other soups; only in the latter case it must be cut into smaller bits.

Fried Bread Crumbs.

Rub bread, which has been baked two days, through a wire sieve, or in a cloth till it is very fine; put it into a stewpan with two ounces of butter, and set it over a slow fire, stirring the crumbs about with a spoon, till they are of the colour of gold; spread them on a sieve, and let them stand to drain ten minutes, turning them often. This is an ornamental garnish, to serve up with roasted sweetbread, or small game.

Browning for Sauces.

Put eight ounces of pounded lump sugar, and a table-spoonful of water, into a saucepan; set it over a slow fire, and stir it continually with a wooden spoon till it is of a bright brown colour, and begins to smoke; then put in an ounce of salt, and dilute it gradually with water till it is of the consistence of soy; then let it boil, take off the scum, and strain it into bottles, which must be well corked.—Another browning may be had by pounding a tea-spoonful of lump sugar, and putting it in an iron spoon, with as much water as will dissolve it, then hold it over the fire till it becomes of a dark colour;

when it may be mixed with your sauce, soup, or gravy while hot.

Rice Sauce.

Put four ounces of rice into a pint of milk, with onions, pepper, and any other spice. When the rice is quite tender, rub it without the spice, through a sieve, into a stewpan; and if it is too thick, add a little more milk to it. This may be used instead of bread-sauce for white meats.

Carrier Sauce for Mutton.

Chop six shalots fine, and boil them with a gill of gravy, a spoonful of vinegar, some pepper, and salt, and serve it up in a sauce-boat.

Benton Sauce.

Grate or scrape some horse-radish very fine, add thereto a little made mustard, pounded white sugar, and four large spoonsful of vinegar: serve it up in a saucer. This sauce is good with hot or cold roast beef.

Ham Sauce.

When a ham is nearly done, clear the bone of the remaining meat, taking care to leave out the rusty parts: beat that and the bone to a mash, with a rolling pin; put it into a saucepan, with three spoonsful of gravy; set it over a slow fire, and stir it all the while, or it will stick to the bottom. After it has been on some time, put in a small quantity of sweet herbs, some pepper, and half a pint of beef gravy; cover it close, and let it stew gently. When it has obtained the flavour of the herbs, strain it off.

Bonne-Bouche, for Goose, Duck, or roast Pork.

Mix a tea-spoonful of made mustard, a small tea-spoonful of salt, and a very little of cayenne pepper, in a wine-glassful of claret, or port wine: pour it into the goose by a slit in the apron, immediately before serving up; or, it may be put, with some thick melted butter, or thick gravy, into a boat.

German Horse-radish Sauce.

Take a large stick of horse-radish, quite fresh, and, after scraping it, cut away the ends, grate it fine on a trencher; then put it into a sauce-boat, or tureen, with a cover, add two lumps of sugar, three table-spoonsful of boiling broth, or water, two spoonsful of vinegar, and a little salt. Mix them well, till the sugar is dissolved and incorporated. This is an excellent sauce to be eaten with roast or boiled beef, and may be kept two or three weeks, if covered.—Horse-radish powder may be made by slicing a stick to the thickness of a shilling, then lay it to dry in a Dutch oven, after which, pound and bottle it. The months of November and December are best.

Gooseberry Sauce.

Pick half a pint of gooseberries close, and scald them; then drain them on a hair sieve, and put them into half a pint of melted butter. Some add thereto grated ginger, and lemon peel; others minced fennel; and some send the gooseberries whole to table without any ingredients. This is sauce for mackarel.—Another sauce for those fish is made of fennel and parsley in equal parts; and some add a sprig of mint, or a couple of onions minced fine.

Mackarel-roe Sauce.

Boil the soft roes of mackarel, and bruise them with the yolk of an egg; then beat them up with a very little pepper and salt, and some fennel and parsley, boiled, chopped fine, and mixed with about half a pint of thinly melted butter. To this you may add mushroom catsup, walnut pickle, or soy. It is a good sauce for many kinds of fish.

Egg Sauce.

Put three eggs into boiling water, and let them remain over the fire about twelve minutes, till they become hard, and then put them into cold water till they are wanted. Use only two of the whites, which must be cut into small square pieces, and the yolks also; then put them into a sauceboat, pour on them half a pint of thin melted butter, and stir the whole together. This is good with roasted poultry or salt cod.

Shalot Sauce.

Take four shalots, treat them as directed for garlic sauce; or put two table-spoonsful of shalot wine, and a little pepper and salt, into about half a pint of thick melted butter. This is a good sauce for chops or steaks; and even with roasted meat and poultry.

Shalot Sauce for Boiled Mutton.

Mince four shalots fine, and put them into a saucepan, with about half a pint of the liquor the mutton was dressed in; let them boil up five minutes; then put in a table-spoonful of vinegar, a quarter of a tea-spoonful of pepper, a little salt, and a piece of butter of the size of a walnut, rolled in flour: shake it well, till it boils. You may add thereto a little chopped parsley.

Caper Sauce.

Mince one third of your capers very fine, and divide the others in half, put them into a quarter of a pint of melted butter or good thick gravy, then stir the whole round one way. Some

persons boil and mince fine a few leaves of parsley or chervil, and add them to the sauce. Others put thereto the juice of half a lemon or Seville orange. Be careful to keep your caper bottle closely corked, and avoid using any of the liquor, for if the capers are deprived of it they will spoil.

Mock Caper Sauce.

Cut some pickled green peas, french beans, gherkins or nasturtiums, very small: put them into half a pint of melted butter with two tea-spoonsful of lemon juice or vinegar. Or boil gently some parsley, after which cut it up, but not very fine; put it to the melted butter with a tea-spoonful of salt and a dessert spoonful of vinegar.

Green or Sorrel Sauce

Wash and clean a quantity of sorrel, put it into a saucepan, with a piece of butter of the size of an egg, cover it close, and set it over a slow fire for a quarter of an hour, pass the sorrel through a hair sieve with a wooden spoon, season with pepper, salt, and a very little powdered sugar, make it hot, and serve it up under lamb, veal, or sweetbreads. Cayenne pepper, nutmeg, and lemon juice may be added.

Sauce for Green Geese or Ducklings.

To a quarter of a pint of sorrel juice add a glass of white wine, and some scalded gooseberries; with a little powdered sugar, and a small piece of butter. Boil all together.

Green Mint Sauce.

Wash half a handful of young fresh-gathered mint, to which some parsley may be added, pick off the leaves, and mince them fine, put them into a sauceboat, with a tea-spoonful of brown sugar, and four table-spoonsful of vinegar. This is a pleasant sauce with hot or cold lamb.

Tomata or Love-Apple Sauce.

Take twelve or fifteen tomatas that are ripe and red, and having cleared them of their stalks, cut them in half; press them, to get out the water and seeds; put them into a stewpan, with some capsicum, and two or three table-spoonsful of beef gravy; set them on a slow fire for an hour, or till they are melted enough; then rub them through a tammy into a clean pan, with a little white pepper and salt, and simmer them a few minutes. The French add to this an onion or shallot, a clove or two, and some tarragon vinegar.—Mock tomatia sauce consists only of the pulp of the apple, instead of the whole fruit, coloured with turmeric, and heightened in flavour by the addition of vinegar.

Sauce Piquante.

Pound very fine a table-spoonful of capers, and the same quantity of minced parsley; then add the yolks of three hard eggs, rub them well together with a table-spoonful of mustard; next bone six anchovies, and pound them, after which rub them through a hair sieve, and mix with two table-spoonful of oil, one of common vinegar, one of shalot vinegar, and a few grains of cayenne pepper; rub all these together in a mortar, till they are well incorporated, then stir them into half a pint of gravy, or melted butter, and again pass the whole through a sieve.

Old Currant Sauce for Venison.

Boil an ounce of dried currants in half a pint of water a few minutes, then add a small tea-cupful of bread crumbs, six cloves, a glass of port wine, and a small piece of butter. Stir the whole till it is smooth.

Another old Sauce for Venison.

Simmer in a pint of port wine, half a pound of powdered sugar, and a stick of cinnamon, till the liquor becomes pretty thick, without boiling; then cut some bread into small dice, soften it in water, put it into the sauce, take out the cinnamon, and boil the rest together. Sometimes the bread is first boiled with the wine and spice till quite smooth, and the sugar added when the latter is taken out.

Wine Sauce for Venison or Hare.

Take a quarter of a pint of claret or port wine, the same quantity of plain mutton gravy, and a table-spoonful of currant jelly; boil it up, and send it to table.

Sharp Sauce for Venison.

Put into a saucepan, half a pint of the best white wine vinegar, and a quarter of a pound of lump sugar, powdered; set it over a slow fire, and let it simmer gently; skim it, and pour it through a tammy or fine sieve, and send it to table in a basin.

Sweet Sauce for Venison or Hare.

Put some currant jelly into a stewpan, and when it is melted, pour it into a sauceboat. Some persons prefer sending it to table without melting it. This is also a good accompaniment to mutton when hashed, or dressed in the manner of venison.

Young Onion Sauce.

Skin a pint of young or button onions, and put them into water till they are about to be boiled, then put them into a

stewpan with a quart of cold water, and let them boil till they are tender, which, according to their age and size, will be from half an hour to an hour. On taking them out, they may be put into half a pint of melted butter.

Onion Sauce.

Take off the strings and tops, together with the skins, though some prefer retaining these for the flavour; put them into salt and water, where they should lie an hour; then wash them in clear water, and put them into a kettle with plenty of water, and boil them till they are tender; skin them, and pass them through a cullender and mix them with some melted butter. Some persons add thereto the pulp of boiled apples or turnips, and others mix mustard with the onions.

White Onion Sauce.

Take six large white onions, Spanish ones are best, peel them, cut each of them in two, and put them into a pan of spring water for a quarter of an hour; then boil them tender, which will take about an hour; drain them on a hair sieve; then chop and bruise them, after which put them into a clean saucepan, with some butter and flour, half a tea-spoonful of salt, and some cream or milk; stir it till it boils; then rub the whole through a sieve, adding more milk or cream to give it a proper consistence. This is the ordinary sauce for boiled rabbits, mutton, or tripe.

Apple Sauce.

Take three good-sized baking apples, pare them, cut, and pick out the cores, then put them into a saucepan, with two table-spoonsful of cold water; cover the pan close, and set it on a trivet over a slow fire, two hours before dinner: some apples will take a considerable time in stewing, while others will be done in a quarter of an hour: when they are stewed enough, pour off the water, and let them stand to get dry; then beat them up with a little butter, and a tea-spoonful of powdered sugar. Some persons add to it grated lemon peel; while others only boil a little of the peel with the apples.

White Celery Sauce.

Pick two heads of white celery, cut it into pieces about an inch long; stew them in a pint of water, with a tea-spoonful of salt, till the celery is tender. Roll an ounce of butter with a table-spoonful of flour, and add thereto half a pint of cream; after which give it a boil up.

Celery Sauce, for boiled Turkey, Fowls, or Veal.

Cut small half a dozen heads of white celery, and two sliced onions, put them into a two-quart stewpan with a little but-

ter; sweat them over a slow fire till they are perfectly tender, then add two spoonsful of flour, half a pint of water or broth; salt and pepper, and some cream or milk; boil the whole a quarter of an hour, and strain it through a fine hair sieve, with the back of a spoon. If celery is not in season, a quarter of a drachm of the seed, or some of the essence of the plant, will do.

Liver and Parsley Sauce.

Wash the fresh liver of a fowl or rabbit, and boil it five minutes in as many table-spoonsful of water; then chop it fine, or pound it in a little of the same liquor, and rub it through a sieve: wash some parsley leaves, and put them on to boil in a little boiling water, with a tea-spoonful of salt; lay it on a hair sieve to drain, and mince it fine; mix it with the liver, and put it into a quarter of a pint of melted butter. Warm it thoroughly, but do not let it boil.

Lemon and Liver Sauce.

Pare a lemon or Seville orange, as thin as you can; then clear off all the white part, and cut the fruit into slices, which after picking out the pips, must be divided into small squares. Add these, and a little of the peel minced very fine, to the liver, prepared as in the preceding article: put them into the melted butter, and warm them together, but not so as to boil. Some persons, instead of pounding, mince the liver very fine, with half as much bacon, and leave out the parsley: others add the juice of half a lemon, and some of the peel grated, or a tea-spoonful of tarragon or Chili vinegar, a table-spoonful of white wine, or a little bruised mace, nutmeg, or allspice. Or, to make it more lively to the palate, pound a shallot, in a few leaves of tarragon or basil, with anchovy, catsup, or cayenne pepper.

Garlic Sauce.

Pound two cloves of garlic with a piece of fresh butter, about the size of a small walnut; rub it through a double hair sieve, and stir into it half a pint of melted butter, or beef gravy.

Spanish or Portuguese Onion Sauce.

Roast four Spanish onions till they are a little more than half done, then peel them, and put them into some thickened gravy, seasoned with salt and cayenne, adding a glass of red port, a small quantity of powdered lump sugar, and the juice of half a lemon, boil the whole, and mash the onions with a little butter, and send them to table as sauce for whatever dish may be deemed proper.

Brown Onion Sauce

Peel and slice the onions, put them into a quart stewpan,

with an ounce of butter, to which some add an equal quantity of cucumber or celery; set it on a slow fire till lightly browned; then gradually stir in half an ounce of flour; pour in some broth, with a little pepper and salt; boil it up for a few minutes, and add a table-spoonful of claret or port wine, and the same of mushroom catsup, which may be sharpened with a little lemon juice or vinegar, and rub it through a fine sieve. If this sauce is intended for steaks, shred an ounce of onions, and add them thereto, or some very small round young ones boiled tender may be put in whole.

Sage and Onion Sauce.

Chop an ounce of onions very fine, with half the quantity of green sage leaves, put them into a stewpan with four spoonsful of water, simmer gently for ten minutes, then add a tea-spoonful of pepper and salt, and an ounce of fine bread crumbs; mix the whole, and pour thereto a quarter of a pint of broth, gravy, or melted butter; stir them well together, and simmer a few minutes longer. This is an excellent accompaniment for roast goose, duck, or pork.

Oyster Sauce

Take three or four dozen plump and juicy native oysters, and immediately as soon as they are out of the shell, put them into the stewpan. Save the liquor, strain it, and put it in with them. When they begin to boil, take them off, and pour them into a sieve, over a clean basin; then wash the pan with hot water, and put therein the strained liquor, with about the same quantity of milk, and about two ounces and a half of butter, which has been rubbed well with a table-spoonful of flour; give the whole a boil up, and pour it through a sieve into a basin, and then return it into the saucepan. Next take off the heads of the oysters, and put in only the soft part of them, and if large, halve them, and set them by the side of the fire to keep hot; but do not let them boil, for that will make them hard. If there is not enough liquor, add a little melted butter, cream, or milk; beat up with the yolk of an egg, but do not add it till the sauce is done. Its flavour will be improved by powdering the soft part of six raw oysters, and then rubbing them through a hair sieve, after which stir the same well up with the rest. A few grains of cayenne may be added, to heighten it.

Preserved Oysters, or Oyster Powder.

Open the oysters so as not to cut them, except in dividing the gristly part which unites them to the shell; pound them in a mortar, and add salt in the proportion of two drachms to twelve oysters. After pounding them, rub them through the

back of a hair sieve, then return them into the mortar, with as much flour, that has been completely dried, as will make them into a paste; work the whole about several times, and then flour and roll it out to the thickness of half-a-crown; divide it into small square pieces, lay them in a Dutch oven, where they may dry without being burnt; turn them every half hour, and when they begin to dry, crumble them, and pound them to a powder, which, after sifting, must be put into bottles, and sealed carefully for use. To make half a pint of sauce, put an ounce of butter into a stewpan with three drachms of the powder, and six table-spoonsful of milk; set it on a slow fire, keep stirring till it boils, and season it with salt. This is an excellent sauce for boiled fowls, or rump steaks, and when sprinkled on bread and butter, makes a good sandwich. It will keep a long time when closely corked.

Shrimp Sauce.

Pick a pint of shrimps clean, wash, and put them into half a pint of melted butter. Some persons stew the heads and shells, with mace, fifteen minutes, and strain off the liquor for the purpose of melting the butter with it, adding thereto a little lemon juice, cayenne, essence of anchovy, or soy. But as these latter ingredients destroy the flavour of the shrimps, they should be omitted.

Lobster Sauce.

Take a hen lobster, and lift up the tail to observe whether the eggs are there, for the goodness of the sauce depends upon the spawn, which gives it both a fine flavour and a brilliant colour. If you get a live lobster and boil it yourself, it will be best; then pick out the spawn and red part, put the same into a mortar, add thereto half an ounce of butter, pound it smooth, and rub it through a hair sieve with a wooden spoon; cut the meat into small squares, or divide it with a fork; put the pounded spawn into melted butter, and stir the whole till it is thoroughly mixed; then add the meat of the lobster, and warm it on the fire, taking care not to let it boil, which would spoil its colour. Some persons substitute beef or veal gravy for melted butter, and add thereto the high seasoning of anchovy, cayenne, catsup, lemon juice, and wine; but certainly not to the advantage of the sauce. Save some of the inside of the red spawn, and rub it through a sieve, but without butter. This will make an excellent garnish for fish. The live spawn of lobsters may be kept some time in strong salt and water, or in ice.—Another method recommended is this: put the spawn into a saucepan of boiling water, with a large spoonful of salt, and let it boil five minutes, then drain it on a hair sieve, spread it out thin on

a plate, and set it in a Dutch oven till it is completely dry; grind it in a clean mill, and put it into bottles well corked and sealed, for use.

Sauce for Lobsters, &c.

Bruise the yolks of two hard-boiled eggs with a spoon, or pound them in a mortar, with a very little water, and the soft inner part and spawn of the fish; rub them quite smooth with a tea-spoonful of made mustard, two table-spoonfuls of olive oil, and five of vinegar; season it with a little cayenne pepper, and salt. Some add to this, elder or tarragon vinegar, or the essence of anchovy.

Fish Sauce, commonly called Quin's Sauce.

Take two glasses of port wine, two of walnut pickle, four of mushroom catsup, six pounded anchovies, as many shalots sliced and pounded; one table-spoonful of soy, and half a drachm of cayenne pepper; simmer the whole gently over a fire for ten minutes, strain it and when cold, bottle it up, taking care to keep it well corked and sealed.

Another Fish Sauce.

To a little veal or mutton gravy, add some of the water that has drained from the fish, and when it has boiled through, put it into a saucepan, with an onion or some anchovies, a spoonful of catsup, and a glass of white wine; thicken it with a piece of butter rolled in flour, and a spoonful of cream; boil the whole till quite smooth, strain it, and send it up hot to table.

Liver Sauce for Fish.

Boil the liver of a fish, and pound it in a mortar, with a little flour; stir it into some broth, or some of the liquor the fish was boiled in, or melted butter, parsley, and a little cayenne, a small quantity of soy, anchovy, or catsup. Give it a boil up, and rub it through a sieve. A little lemon juice, or slices of lemon cut in squares, may be added.

Fish Sauce à la Craster.

Thicken one quarter of a pound of butter with flour, and brown it; add a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty berries of black pepper, and allspice; a few small onions, a bundle of sweet herbs, a little parsley, and some sliced horse-radish; pour over these half a pint of the best sherry, and a pint and a half of strong gravy. Simmer the whole gently for twenty minutes, then strain it through a sieve, and bottle it up carefully. The method of using this sauce is, to boil some of it in the butter while melting.

Fish Sauce without Butter.

Simmer gently a pint of the best vinegar, and half a pint of soft water with an onion, half a handful of horse-radish, four cloves, two blades of mace, and half a tea-spoonful of black pepper. All the spice must be slightly bruised, and when the onion is tender, chop it small with two anchovies, and set the whole on the fire to boil for a few minutes with a spoonful of catsup. Beat up the yolks of three eggs; strain them, and mix the liquor gradually with them; then set the saucepan over a gentle fire, and keep tossing the contents backward and forwards into a basin, shaking the pan every time, that the eggs may not curdle. The sauce must be sufficiently heated to give it the appearance of melted butter, without boiling.

Another Fish Sauce.

Put a pint of fine port, and a gill of mountain wine, into a saucepan, add thereto half a pint of walnut catsup, twelve anchovies and the liquor of them, a gill of walnut pickle, the rind and juice of a large lemon, four or five shalots, some cayenne, three ounces of scraped horse-radish, three blades of mace, and two tea-spoonsful of made mustard; boil the whole gently till the rawness goes off, then bottle it up for use.

Another way.

Chop twenty-four anchovies, and ten shalots, then scrape three spoonsful of horse-radish; add to them ten blades of mace, twelve cloves, two sliced lemons, half a pint of anchovy liquor, one quart of hock, or rhenish wine, and a pint of water; boil all down to a quart, then strain it off, and when cold, add three large spoonsful of walnut catsup, and put it into bottles, which must be closely stopped.

Sauce for Fish Pies.

Unite equal quantities of sherry, or Madeira wine, vinegar, oyster liquor, and mushroom catsup; boil this mixture up with an anchovy; strain it, and pour it through a funnel into the pie after it is baked. Or, you may chop an anchovy small, and boil it up with three spoonsful of gravy, a quarter of a pint of cream, and a little butter and flour.

Sauce à la Poivrade.

Take a pint of good gravy, half a gill of elder vinegar, one shalot, and a little pepper and salt. This is a good sauce for a cold turkey, fowl, or any white meat.

Another way.

Take two anchovies, clear them from the bones, chop them,

and put them into a basin, with two spoonful of the best salad oil, and a tea spoonful of made mustard; rub this well with a wooden spoon; add to them two shalots, and parsley shredded fine, and mix the whole thoroughly. If you wish to have the sauce hot, boil the same ingredients a minute or two, with six spoonful of gravy, and as much vinegar; and when the anchovies are dissolved, strain off the liquor, and send it up to table.

Orange Gravy Sauce, for Wild Fowl.

Put half a pint of veal gravy into a stewpan, add thereto six leaves of basil, a small onion, and some orange or lemon peel: let the whole boil for a few minutes, and then strain it off. Now put into the liquor the juice of a Seville orange or lemon, half a tea-spoonful of salt, as much pepper, and a glass of port wine, to which, if agreeable, shalot and cayenne pepper may be added. The method of cutting open the breast, and squeezing in an orange, hardens the flesh. As some persons like wild-fowl without the sauce, and under-done, it will be advisable always to send the latter up in a boat.

Fried and Crisped Parsley.

Pick and wash some parsley perfectly clean, lay it in a cloth, and shake it till it is dry; then put into a stewpan with some fat, fry it quick, and take it out as soon as it is crisp; after which lay it on a sieve or coarse cloth before the fire to drain. When it is to be crisped only, which is the best way, after drawing the water off, spread the parsley on paper, and lay it in a Dutch oven before the fire, turning it frequently till it is done sufficiently. It is a good garnish for lamb-chops, fish, &c.

Sauce a la Tartare.

Pound three hard eggs, then put them into a basin, and add half a table-spoonful of made mustard, with a little pepper and salt; pour thereto gradually, about two wine-glassfuls of salad oil; keep stirring it till it has acquired a good thickness. You may put in also some tarragon or chervil minced finely, and a little vinegar.

Poor Man's Sauce.

Pick a handful of parsley leaves from the stalks, and mince them fine. Strew over these a little salt; shred fine six young green onions, add the parsley to them, and put the whole into a sauceboat, with three table-spoonsful of oil, five of vinegar, and some ground black pepper, and salt; stir these all together, and send it up to table. You may add thereto pickled French beans or gherkins cut fine, or a little grated horse-radish

Sauce for boiled Tripe, Calf's head, and Cowheel.

Take a table-spoonful of garlic vinegar; a tea-spoonful of made mustard; the same quantity of brown sugar, and as much black pepper: stir the whole into half a pint of butter melted to oil.

Stewed Olive Sauce.

Stone some of the greenest French olives, and stir them in as much veal gravy as is requisite; add a little lemon juice, and season the whole with cayenne pepper and salt.

Carrot Sauce.

Cut the red part of a small carrot into dice, boil them in a little of your best stock gravy, till they come to a glaze, then add cullis according to the quantity required.

Turnip Sauce.

Shake over the fire in a stewpan six turnips pared, with a little water till they are done, and the liquor is exhausted; then rub them through a sieve: next take a little white gravy, and cut more turnips; shake them as before, and add thereto some more gravy.

Sauce for small Birds roasted.

Shred two or three shalots, and boil them for a few minutes in a gill of water, and half a gill of vinegar. Add thereto one quarter of a pint of good gravy, and a piece of butter rolled in flour. Shake this over the fire till it thickens, and then serve it up.

Sauce à la Reine.

Cover the bottom of a stewpan with slices of ham; lay over them a fowl cut in pieces, then two onions, six or eight shalots, two or three bay leaves, a few blades of mace, two heads of celery, a carrot, and a bunch of thyme and parsley; put thereto half a pint of gravy, and set the pan over a slow fire, to simmer gently about half an hour, or till the liquor is nearly reduced, then fill up the pan with some of your best stock, and take care that it does not boil too fast, for that will make it high-coloured, and reduce it too much. It should boil about an hour, and then be strained off. Put next a quarter of a pound of butter into a stewpan, with some chopped mushrooms, and lean ham cut fine: then set it on the fire to simmer very slowly, and dredge in as much flour as will dry up the butter, and stir the whole for a little while; then put in gradually the stock that was drained before, and keep on stirring; adding thereto as much cream as will give it a good consistence and colour. When it has boiled a few minutes, strain it off.

Sauce for a savoury Pie.

Take some gravy, an anchovy or two, a bunch of sweet herbs, and a little mushroom liquor; boil it a few minutes, then thicken it with burnt butter, and having added a glass of port wine, open the pie and put it in.

Sauce Royal.

Put into a stewpan about half a pound of lean ham cut into thin slices; add thereto a small fowl cut into pieces, with a bundle of sweet herbs, or thyme and parsley, a few blades of mace, about a quarter of a pint of good stock gravy, six or eight shalots, and a head of celery. Simmer over a slow fire till the stock is reduced to a glaze, then put in about a quart of the best stock, and let it boil about half an hour; strain it off, and put the liquor into a stewpan again, and reduce it nearly to a glaze, after which add a quart of cullis, and season it according to the use to which it is to be applied.

Allemand Sauce.

To a few slices of ham, with some trimmings of poultry, add three or four shalots, a small clove of garlic, a bay leaf, a little tarragon, and a few spoonsful of gravy stock; set the stewpan on the fire to simmer gently for half an hour, then put in as much cullis as you will want sauce; and when it has boiled a few minutes, squeeze into it a Seville orange, or a lemon, and season it with cayenne pepper and salt.

Pontiff Sauce.

Put two or three slices of lean veal, and the same quantity of ham, into a stewpan, with some sliced onions, carrots, parsley, and a head of celery. When brown, add about two table-spoonsful of white wine, some good gravy, a clove of garlic, four shalots, two cloves, a little coriander seed, and two slices of lemon peel. Boil this slowly till the juices are drawn from the meat, then skim and strain the liquor through a sieve. Previous to serving it up, add some cullis and chopped parsley.

Sauce for Plum Pudding.

Put a glass of sherry, half a one of brandy, and two tea-spoonsful of pounded lump sugar; and, if agreeable, a little grated lemon peel, into a quarter of a pint of thick melted butter, with some grated nutmeg on the top.

Sauce à la Salade.

Take the hard yolks of two eggs, a dessert-spoonful of grated Parmesan cheese, the same quantity of tarragon vinegar, a little mustard, and a tea-spoonful of catsup; when well

mixed, add four spoonsful of salad oil, and one of elder vinegar; beat the whole well till the oil is thoroughly incorporated with the other ingredients.

Savoy Sauce.

Blanch some savoys, cut them in quarters, tie them up, and stew them with any kind of meat, till they are half done; then put them into a stewpan with some gravy, and simmer the whole till perfectly tender.

Sauce for a Pig.

Take a pint of water, put therein a good slice of the crumb of bread, a blade of mace, and a little whole pepper; boil these together for about five or six minutes, and then pour off the water; remove the spices, and beat up the bread with a piece of butter, and a little milk or cream. To this, currants may also be added, if approved of, by boiling them in a glass of wine and a little sugar. Or put to half a pint of good beef-gravy, and that which comes from the pig, a piece of butter rolled in flour, and two spoonsful of catsup; boil them all together, then take the brains of the pig, bruise them with sage, and pour the whole into your dish.

Sauce for a Hare.

Put a pint of cream, and half a pound of butter, into a saucepan, and keep stirring the same with a spoon till the butter is thoroughly melted, and the sauce thickened; season it with a little grated nutmeg, and salt to your taste; then take up the hare, and pour these ingredients into the dish.

Another way.

Take a pint of port wine, and a quarter of a pound of powdered sugar, let them simmer over a slow fire about fifteen minutes; add to them some good gravy, thickened, if approved of, with a piece of butter rolled in flour, or some currant jelly, and serve the sauce up in boats.

Russia Sauce.

Grate four spoonsful of horse-radish, to which add two tea-spoonsful of made mustard, a little salt, a tea-spoonful of sugar, and as much vinegar as will cover the ingredients.

Chervil Sauce.

Pick a large handful of chervil, leaf by leaf; put it into a small stewpan, with a little of your best gravy; simmer till the pan becomes dry; then add as much stock as is requisite, squeeze into it a lemon, and add a little sugar to make it palatable, with some white wine.

Bechamel, or White Sauce.

Bechamel is a white sauce resembling batter, and derives its name from a French nobleman, who either invented or patronized it. The composition is as follows.—Cut in square pieces, each half an inch thick, two pounds of lean veal, and half a pound of lean ham; melt in a stewpan two ounces of butter, and let the whole simmer till it is about to catch at the bottom, then add three table-spoonsful of flour, and when thoroughly mixed, put in three pints of broth or water, pouring a little at a time, that the thickening may be smooth, and stir it till it boils; then put the pan on the corner of the stove, or by the side of the fire, to boil gently two hours; season it with four cloves, one onion, twelve pepper-corns, a blade of mace, a few mushrooms, and a bundle made of parsley, a sprig of thyme, and a bay leaf. Reduce to a quart, skim off the fat, and strain the liquor through a tammiss.

This is the bechamel; and to make a sauce of it, add to one quart a pint of cream, stir it till it is reduced to a good consistence; then put in a few mushrooms to give it a flavour, and strain it as before.

Economical way of making a Pint of White Sauce.

To equal parts of broth and milk, add an onion and a blade of mace, put them into a stewpan, and let them boil ten minutes. In the mean time, rub on a plate an ounce of flour and butter, put it to the liquor, and stir it well till it boils up; then place it by the fire, stirring it every now and then till it becomes smooth. Next strain it through a sieve into a basin, after which return it into the pan, season it with salt, and the juice of a small lemon; beat up the yolks of two eggs with about three table-spoonsful of milk, strain this into the sauce, stir it well again, and keep it over the fire, but do not let it boil, lest it curdle. This is a good sauce for boiled fowls, especially if their colour is forbidding.

Sauce à la Ravigote.

Put into a stewpan a gill of good broth or soup, with half a spoonful of vinegar, a little salt, and whole pepper, and a piece of butter about as big as a walnut, mixed with flour; scald in boiling water for a minute, some tarragon, chervil, pimperl, and garden cresses, after which take them out, squeeze, and mince them small, put them into the sauce; thicken it over the fire, and serve it up.

Sauce à la Italienne.

Take two large spoonsful of sweet oil, some mushrooms ut small, a bunch of parsley, some scallions, half a laurel

leaf, a piece of garlic, and two cloves; put them into a stew pan over the fire, with the addition of a very little flour mixed with white wine, and some broth, salt, and whole pepper; boil these ingredients half an hour; skim it well, remove the herbs, &c. and then serve it up. If it is too thin, it may be thickened with a little flour, and a spoonful or two of onion juice.

Chevreuil Sauce.

This is another foreign sauce, but its origin is unknown. The composition is this:—Put a little piece of butter into a stewpan, with chopped parsley, shalots, thyme, mushrooms, and a few spoonful of gravy, or brown stock; let them simmer slowly about quarter of an hour, and then add butter enough to absorb the flour, and continue stirring it a few minutes longer. Put in a pint of stock, and stir it till the ingredients have boiled a little together, then take off the pan, squeeze in some lemon-juice, and add a tea-spoonful of pulverized lump sugar, with a small portion of pepper and salt to give it poignancy.

Sauce à la Espagnole.

Put some gravy into a saucepan, with a glass of white wine and as much good broth, a bunch of parsley and chives, two cloves of garlic, half a bay leaf, a little coriander seed, two cloves, an onion sliced, a carrot, half a parsnep, and two spoonful of salad oil. Stew all together for two hours over a slow fire; then skim it carefully, pass the liquor through a tammy, and season it with pepper and salt.

Spanish Garlic Gravy.

Cut one pound and a half of beef or veal into slices, pepper and salt them, then lay them in a stewpan with two carrots split, and four cloves of garlic sliced, one quarter of a pound of sliced ham, and a large spoonful of water. Set the stewpan over a gentle fire, and watch when the meat begins to stick, immediately on which turn it, and let it be well browned, but not burned; then dredge it with flour, and pour thereon a quart of broth, adding a bunch of sweet herbs, two cloves bruised, and a lemon sliced; set on the pan again, and let it simmer for one hour and a half longer, then take off the fat, and strain the liquor from the ingredients, by pouring it through a napkin, which must be pressed or squeezed very hard.

Sauce for Roast Meat of every kind.

Wash an anchovy clean, and put it with a glass of red wine, into some gravy stock, and add thereto a shalot cut small, and a little juice of lemon. Stew these together, then strain, and mix it with the gravy that comes from the meat.

Cucumber Sauce.

Peel your cucumbers, divide them into quarters, take out all the seeds, cut each piece into three smaller ones, and pare them round; then skin as many small onions as there are pieces of cucumber, and let them lie for two hours in vinegar and water; then pepper and salt them; pour off the last liquor, and put in as much gravy stock as will just cover them; boil them down to a jelly, and add as much cullis as you think proper; let the whole boil for a few minutes, then squeeze in a lemon, and add thereto a little sugar.

A Dutch Sauce.

Put six spoonsful of water, and four of vinegar, into a saucepan, and when warm, thicken the same with the yolks of two eggs. Make it quite hot, but not boiling; squeeze therein the juice of half a lemon, and strain it through a sieve. This is good with meat or fish.

Sauce for a Loin of Veal, used in the Kitchen of Queen Anne.

Take all kinds of sweet herbs, and the yolks of three hard eggs minced fine; boil them together with some currants, a little grated bread, beaten cinnamon, sugar, and two whole cloves. Pour this sauce into the dish, and add thereto two or three slices of a Seville orange.

Wow-wow Sauce, for Stewed or Boiled Beef.

Chop some parsley very fine, cut into quarters two or three small pickled cucumbers or walnuts, divide them into small pieces, and set them aside till wanted. In the mean time, put into a saucepan a little butter about the size of an egg, and when melted stir to it a table-spoonful of fine flour, and about half a pint of the broth in which the meat was boiled. Add a table-spoonful of vinegar, as much mushroom catsup, or port wine, or some broth, and a tea-spoonful of made mustard. Simmer the whole till it is as thick as you want it. Then put in the parsley and pickle already prepared, to get warm, and either pour the whole over the beef, or send it up separately.

Beef gravy Sauce, for Ragouts, Poultry, Game, or Fish.

Put a thin slice of fat ham or bacon, or an ounce of butter, with a middling-sized onion, into a stewpan, and thereon lay a pound of juicy gravy beef; cover the pan, and set it over a slow fire. When the meat begins to brown, turn it, that it may be equally coloured, but not burnt; then pour in a pint and a half of boiling water, and keep skimming the surface till it is clear. then put in a crust of toasted bread, a sprig of winter savory or thyme, and parsley, some thinly cut lemon peel, twelve

berries of allspice, and as many of black pepper. Cover the pan close, and let it stew gently about two hours, and strain it through a sieve into a basin. If it wants thickening, set on another stewpan with about an ounce of butter in it, and when it is melted, sprinkle in by degrees as much flour as will dry it up, stirring the whole well till they are completely mixed, when a little of the gravy must be poured in, and the whole stirred thoroughly, adding the remainder by degrees. Then set it over a fire, and let it simmer gently for fifteen or twenty minutes, and skim off the fat as it rises. When it is about the thickness of cream, squeeze it through a tammiss or fine sieve. If it is required to make it more savoury, for a fowl, pound the liver with a little butter, rub it through a sieve, and stir it into the sauce, when you put in the thickening. For a ragout, or game, add a table-spoonful of mushroom catsup, the juice of half a lemon, and some of its rind pared thin, with a table-spoonful of claret or port wine, and a few grains of cayenne pepper; or it may be thickened with some portable soup.

Sauce for Turtle.

Put into a stewpan one pint of thickened gravy, a glass of Madeira, the juice and peel of half a lemon, a few leaves of basil, a shalot quartered, some grains of cayenne pepper, or curry powder, and a little essence of anchovy; simmer them together for five minutes, and strain through a tammiss. To this may be added about twelve turtle forcemeat balls, &c. This is sauce also for boiled or hashed calf's head, stewed veal, or any other dish dressed turtle-fashion.

Grill Sauce.

Into half a pint of beef gravy, put an ounce of fresh butter, and a table-spoonful of flour, after having rubbed them well together; add a table-spoonful of mushroom or walnut catsup, two tea-spoonsful of lemon juice, a tea-spoonful of made mustard, the same quantity of minced capers, half a tea-spoonful of black pepper, the quarter of a rind of lemon pared thin, a tea-spoonful of the essence of anchovy, and either a little shalot wine, or a small piece of minced shalot, with a little chili vinegar, or a few grains of cayenne. Simmer all these for a few minutes, and pour a little of the sauce over the grill, and send the rest up separately.

SYRUPS AND ESSENCES.

Syrup of Lemons.

To a pint of fresh lemon-juice, add one pound and three quarters of lump sugar, dissolve it by a gentle heat, skim it

till the surface is perfectly clear; put in an ounce of the peel cut thin, simmer gently for a few minutes, and then pass it through a flannel. When cold, bottle it close, and keep it in a cool place. The best time for lemons is from November to March.

Tincture of Lemon Peel.

Fill a wide-mouthed pint bottle half full of brandy, rum, or other proof spirit; and when you use a lemon, pare the rind off very thin, and put it to the liquor. In a fortnight the spirit will have thoroughly imbibed the essence of the lemon peel.

Orange Syrup.

Squeeze the oranges, and strain the juice from the pulp into a large pot. Boil it up in the proportion of a pound and a half of fine sugar to a pint of juice; strain it well, and let it stand till it is cold, when it should be immediately bottled, corked, and sealed. This is excellent for puddings, and makes also a fine-flavoured punch.

Syrup of Orange or Lemon Peel.

Take three ounces of the fresh outside rind of Seville orange or lemon peel, apothecaries' weight, and a pint and a half of boiling water; infuse for a night in a close vessel; then strain the liquor; let it settle, and having poured it off clear from the sediment, dissolve therein two pounds of double-refined sugar, and make it into a syrup, taking care that the fire be slow. This syrup, if the sugar is dissolved with a gentle heat, will have a greater proportion of the flavour of the peel.

FORCEMEAT STUFFINGS.

The poignancy of forcemeat should be in proportion to the savouriness of the dishes to which it is an accompaniment; and therefore it follows, that the variety of combinations is as great as in soups, gravies, or sauces. One general rule, however, to be observed in the composition of forcemeat is, that no one flavour be suffered to predominate over the rest. In making this elegant article, great care must be taken to give it a due consistence; so that the balls, which should be of the size of moderate nutmegs, may cut easily, without being hard or heavy. If they are for brown sauce, flour and fry them; if for white, put them into boiling water, and let them boil for three minutes. The following list of the materials for the composition of forcemeats, will be a good general guide to the cook in the direction of her choice and appropriation.

The animal substances are, parboiled sweetbreads, tongues, veal minced and pounded, potted meats, calf's udder or brains,

veal suet or marrow, mutton, beef, cold fowl, scraped ham, fat bacon, yolks of hard eggs, oysters, and anchovy. The vegetable ingredients are, thyme, sweet marjoram, summer and winter savory, sage, tarragon, basil, chervil, bay leaves, truffles, and morels; all these may be either fresh and green, or in dried powder: onions, leeks, garlic, and shalot, parsley, spinach, and mashed potatoes; besides which, there are flour, bread crumbs, black or white pepper, allspice, cayenne pepper, mace, cinnamon, ginger, nutmegs, cloves, and mushroom powder.

The liquids are, meat gravy, lemon-juice, syrup of lemons, essence of anchovy, wine, and catsup.

Veal Force meat.

Take of undressed lean veal, freed from skin and sinews, two ounces, as much beef or veal suet, and the same quantity of bread crumbs; chop fine two drachms of parsley; of lemon peel, sweet herbs, and onion, each a drachm; half a one of mace, or allspice beaten to fine powder; and pound the whole in a mortar, adding thereto the yolk and white of an egg; rub the whole well together, and season it with pepper and salt. Its flavour may be heightened by the addition of cold boiled pickled tongue, anchovy, shalot, and cayenne pepper or curry powder.

A Stuffing for Veal, Roast Turkey, Fowls, &c.

Mince one quarter of a pound of beef suet, or rather marrow, the same quantity of bread crumbs, two drachms of parsley leaves, one drachm and a half of sweet marjoram, or lemon thyme, as much of grated lemon peel, an onion or shalot chopped very fine, and a little grated nutmeg, pepper, and salt; pound these thoroughly together, with the yolks and whites of two eggs, and force the composition into the veal with a skewer, or fasten it with a thread. Some of it should be made into balls, floured, and then boiled or fried; after which, send them up as garnish, or in a side dish. For a turkey, the quantity should be nearly double. In this case, you may add an ounce of dressed ham, or equal parts of the stuffing and pork sausage meat pounded together.

Stuffing for Boiled Turkey.

To the preceding composition, add the soft part of twelve oysters, anchovy, or a little grated ham or tongue. Pork sausage meat is sometimes used to stuff turkeys and fowls, or it may be fried, and sent up as garnish.

Stuffing for a Hare.

Two ounces of beef suet chopped fine, three ounces of bread crumbs, a drachm of parsley, half a drachm of shalot, one drachm

of marjoram, thyme, or winter savory, the same quantity of grated lemon peel, half a drachm of nutmeg, and as much of pepper and salt; mix the whole with the yolk and white of an egg, till it is thoroughly stiff, put it into the hare, and sew it up. If the liver is sound, it may be parboiled, minced fine, and added to these ingredients.

Force meat Balls, for Turtle, Mock Turtle, and Made-dishes.

Pound some veal in a mortar, rub it through a sieve, with as much of the udder as there is of veal, or about one-third the quantity of butter; put some bread crumbs moistened with milk into a stewpan, add thereto a little chopped parsley and shalot, rub them together in a mortar till they form a paste, pass it through a sieve, and when cold, pound and mix the whole together with three yolks of eggs boiled hard; season it with salt, pepper, and curry powder or cayenne, adding thereto the yolks of two raw eggs; rub the whole well, and make it into balls. About ten minutes before your soup is ready, put them in.

Egg Balls.

Boil four eggs ten minutes, and put them into cold water; when quite cold, break the yolks into a mortar, with the yolk of an egg raw, one tea-spoonful of flour, as much chopped parsley, a very little salt, and some black pepper or cayenne; rub the whole well together into one mass, then roll it into small balls, and boil them for two minutes.

Curry Balls, for Mock Turtle, Veal, and Poultry.

Take the yolk of an egg boiled hard, a bit of fresh butter about half the size of the egg, and as much bread crumbled small as is sufficient; beat the whole in a mortar, and season it with curry powder. Make the composition into balls as before directed.

Stuffing for Goose or Duck.

Chop about two ounces of onion very fine, about an ounce of green sage leaves, four ounces of bread crumbs, the yolk and white of a boiled egg, and a little pepper, to which may be added a minced apple.

Another method.

Take two ounces of onion, and half as much green sage, chop them very fine, adding four ounces of stale bread crumbs, a little pepper and salt, and the yolk of an egg or two. Having incorporated the whole thoroughly, put it into the goose; but not so as to fill it, because the stuffing will swell.—For a duck, take an ounce of onion, and half an ounce of green sage, chop them fine, and mix them with two ounces of bread crumbs and the yolk of an egg. If the raw onion be deemed too strong, it may be parboiled.

Fish Force meat.

Take two ounces of turbot, soles, lobster, shrimps, or oysters, free from skin; as much of fresh butter, one ounce of bread crumbs, the yolks of two eggs boiled hard, a little shalot, grated lemon-peel, and parsley minced fine; pound the whole together, and when thoroughly mixed and smooth, season with salt and cayenne, then break in the yolk and white of one egg, rub it well together, and it will be ready for use. Oysters parboiled and minced fine, with an anchovy, may also be added.

Orange or Lemon Peel for Stuffing.

Take off the yellow rind of a Seville orange or lemon, without any of the white part, pound it in a mortar with lump sugar, rub this with the peel, adding by degrees a little of the forcemeat.

CULINARY PREPARATIONS.

As every cook, housekeeper, and head of a family ought to be acquainted with the best methods of curing meat, and of preserving various articles of food for the table, by potting, collaring, and pickling, we shall here bring the necessary directions for all these purposes together.

To Pickle Pork.

Pound four ounces of saltpetre, one pound of coarse sugar, one ounce of sal prunella, and a little common salt. Sprinkle the meat first with salt, and let it drain twenty-four hours; then rub in the mixture, and after packing the pieces close in a tub, fill up the vacancies with salt. Lay a weight upon the meat to keep it from rising above the pickle, and it will keep good two years.

Another Pickle for the same purpose.

To four gallons of water, add one pound of Muscovado sugar, four ounces of saltpetre, and six pounds of either bay or common salt. Boil these in a kettle, removing the scum as fast as it rises. Take the kettle off when the liquor is perfectly clear, and let it cool. Then put the meat into a tub or pan, pour the pickle upon it, and cover it close. The pickle, if boiled the second time, will keep good twelve months. When the pork is taken out for drying, which may be at the end of about eight or ten weeks, wipe it clean, put it into paper bags, and hang them up.

A Pickle for Hams, Tongues, or Pork.

Put into a large salting pan that has a cover, without boiling, two gallons of spring water, two pounds of coarse sugar, as much of bay, and two pounds and a half of common salt, with half a pound of saltpetre. Keep your hams or beef as long as possible before you put them into this pickle; but in the mean time, sprinkle them with coarse sugar, in a pan, and let them drain; then rub them well with the above mixture, and pack them close, laying as much in the pan as it will hold. A small ham may lie therein a fortnight; a large one three weeks; a tongue twelve days, and beef according to the size. The pieces must be completely covered with the pickle, and will eat very well on taking out without drying. When, however, they are to be dried, each piece must be drained over the pan, then soused and hung up. Six or eight hours will smoke them, with saw-dust and wet straw; or put them for a week into a baker's chimney, sewed in coarse cloth.

Admiral Vernon's Method of Salting Beef.

Take four gallons of water, to which add one pound and a half of good Muscovado sugar, six or eight ounces of saltpetre, and eight pounds of common salt. Boil these together, and when cold, the liquor will be fit for use. Sprinkle each piece of meat with equal parts of common salt and brown sugar mixed together. Let the meat drain twelve hours, and repeat the operation, first turning the meat; after draining, wipe it with a clean cloth, and rub it well with the salt and sugar. Then put it into the cask, and pour the pickle on, so as to cover the meat. Tongues may be cured the same way.

Dr. Blane's Method.

In this process, spices being antiseptics, are substituted for salt. The quantity originally proposed for every barrel of beef or pork, was four ounces of black pepper, as much allspice, and eight ounces of nitre powdered.—“I have made,” says the doctor, “some trials, of curing beef by half the usual quantity of salt, and in place of the other half, I caused to be added, to every hundred-weight, one pound of pulverized pimento, as much powdered juniper berries, and an ounce and a half, liquid measure, of muriatic acid. The powdered spices were mixed with the salt, and rubbed on the beef; and the acid mixed with the pickle, used in the common method of curing beef. I sent part of this to the West Indies, and seventeen months after it was cured, and about fourteen after its arrival in that climate it was found perfectly sweet and juicy, and so fresh, that salt would have been necessary to give it a relish, had it not been for the spices. I kept by

me, in London, some that was cured at the same time, and found that it was perfectly good at the end of five years."

To Salt Beef Red.

Take a piece of the flank that has but little bone, sprinkle it with salt, and let it drain twenty-four hours. Then rub it thoroughly with a mixture of common and bay salt, a little coarse sugar, and some saltpetre: adding thereto for colouring, a few grains of cochineal, all finely powdered. Rub the pickle into the meat daily for a week, and then turn it. At the end of sixteen days drain it from the pickle, and set it to smoke at the mouth of an oven heated with wood. In a few days it will be thoroughly smoked. When boiled tender, it eats excellently with greens or carrots; or it may be grated as Dutch beef, in which case, cut a piece of the lean, boil as before, and put it while hot under a press. When cold, lay it in a sheet of paper, and it will keep in a dry place two or three months, ready for serving on bread and butter.

Dutch Mode of Salting Beef.

Rub a lean piece of beef well with molasses or coarse sugar, and turn it often. At the end of the third day wipe the meat, and salt it with a mixture of common salt and saltpetre, pounded fine. Rub this well in, and turn the beef every day for a fortnight; then roll it tight in a coarse cloth, and press it with a large weight. Hang it to dry in the smoke of wood, turning it upside down every day. When boiled in spring water and pressed, it may be cut into slices.

To make Hunters' Beef.

To a round of beef that weighs twenty-five pounds, take three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, a nutmeg, half an ounce of allspice, and three handfuls of common salt, all in the finest powder. The beef should hang two or three days; then rub the above well into it, and turn and rub it every day for two or three weeks. The bone must be taken out at first. When to be dressed, dip it into cold water, to take off the loose spice, bind it up tight with tape, and put it into a pan with a tea-cupful of water at the bottom, cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours. When cold, take off the paste and tape. The gravy is very fine; and a little of it adds greatly to the flavour of any hash, soup, &c. Both the gravy and the beef will keep some time.

The meat should be cut with a very sharp knife, and quite smooth, to prevent waste.

Hung Beef.

Put a rib of beef into a strong brine of bay-salt, saltpetre, and spring water, for nine days. Hang it up a chimney where wood or saw-dust is burnt. When a little dry, wash the outside with blood two or three times, to make it look black; and when dried sufficiently boil it for use.

Another Way.

Take the navel-piece and hang it up in a cellar as long as it will keep good, and till it begins to be sappy. Then take it down, cut it in three, and wash it in sugar and water, each piece separately. Then take a pound of saltpetre, and two of bay-salt dried, and pounded small. Mix with them three spoonfuls of brown sugar, and rub it well into your beef. Then strew a sufficient quantity of common salt all over, and let the beef lie close till the salt is dissolved. Turn it every other day for a fortnight, and after that hang it up in a warm place. It may hang a fortnight in the kitchen; when wanted, boil it in bay-salt and pump water till tender. It will keep, when boiled, two or three months, if rubbed with a greasy cloth, or if put two or three minutes into boiling water, to take off the mouldiness.

To Pickle Beef or Pork for present use.

The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close. Put it into a pot of boiling water, and boil it as long as you would any other salt beef of the same size, and it will be as salt as if done four or five days. Great attention is requisite in salting meat; and in the country, where large quantities are cured, this is of particular importance. Beef and Pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with salt; which method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, should be rubbed as often. A salting tub or lead may be used, and a cover to fit close. Those who use a good deal of salt meat will find it answer well to boil up the pickle, skim it, and when cold pour it over meat that has been sprinkled and drained.

Irish Beef.

Put to twenty pounds of beef, one ounce of allspice, a quarter of an ounce of mace, cinnamon, and nutmeg, and half an ounce each of saltpetre and pepper. Mix all together, and add as much common salt as will well rub the meat. Put it in a salting pan; rub it with more salt; every day turn it in the pickle, and rub it with the seasoning that settles. When it has

remained a month in pickle, take out the bone, and boil the meat in its own liquor, with as little water as will cover it. It may be stuffed with parsley, and is to be eaten cold.

To Collar Beef.

Choose the thin end of the flank of fine mellow beef, but not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning, cut small: a large handful of parsley, the same of sage, some thyme, majoram, and pennyroyal, pepper, salt, and allspice. Roll the meat up as tight as possible, and bind it, then boil it gently for seven or eight hours. A cloth must be put round before the tape. Put the beef under a good weight while hot, without undoing it—the shape will then be oval. Part of a breast of veal rolled in with the beef looks and eats very well.

To Cure Beef Hams.

Cut the leg of a fat Scotch or Welsh ox like a ham. Mix on ounce of bay-salt, an ounce of saltpetre, a pound of common salt, and a pound of coarse sugar. Rub it well into the meat, turn, and baste it with the pickle every day for a month; then take it out, roll it in bran or saw-dust, and hang it in wood smoke, where there is but little fire and a constant smoke, for another month. Hang it in a dry but not a hot place, and keep it for use. Cut it into rashers, and broil it with poached eggs; or boil a piece to eat cold, like Dutch beef. This is for a ham of about fourteen or fifteen pounds weight.

To pot Beef.

Take two pounds of lean beef, rub it with saltpetre, and let it lie one night; then salt with common salt, and cover it with water four days in a small pan. Dry it with a cloth, and season with black pepper; lay it into as small a pan as will hold it, cover it with coarse paste, and bake it five hours in a very cool oven. Put no liquor in. When cold, pick out the strings and fat; beat the meat very fine with a quarter of a pound of fine butter just warm, but not oiled, and as much of the gravy as will make it into a paste; put it into very small pots, and cover them with melted butter.

Another way.

Take beef that has been dressed, either boiled or roasted; beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg, and a little fine butter just warm. This eats as well, but the colour is not so fine. It is a good way for using the remains of a large joint.

To pot Tongues.

Mix an ounce of saltpetre and four ounces of brown sugar; rub a neat's tongue well with it, and let it lie in it for two days. Then boil it till quite tender, and take off the skin and side bits. Cut the Tongue in very thin slices, beat it in a marble mortar, with a pound of clarified butter; season with pepper, salt, and mace, and pot as usual.

To Pickle Tongues for boiling.

Cut off the root, but leave a little of the kernel and fat. Sprinkle some salt, and let it drain from the slime till next day; then for each tongue mix a large spoonful of common salt, the same of coarse sugar, and about half as much of saltpetre; rub it well in, and do so every day. In a week add another heaped spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight; but if only turned in the pickle daily, it will keep four or five weeks without being too salt. When you dry tongues write the date on a parchment and tie it on. Smoke them or dry them plain if you like best. When it is to be dressed, boil it till extremely tender, allow five hours; and if done sooner, it is easily kept hot. The longer kept after drying, the higher it will be; if hard, it may require soaking three or four hours.

Another way.

Clean as above; for two tongues allow an ounce of saltpetre and an ounce of sal-prunella; rub them well. In two days after well rubbing, cover them with common salt, turn them every day for three weeks, then dry them, and rub over them bran, and smoke them. In ten days they will be fit to eat. keep in a cool dry place.

An excellent way of doing Tongues to eat cold.

Season with common salt and saltpetre, brown sugar, a little bay-salt, pepper, cloves, mace, and allspice, in fine powder, for a fortnight; then take away the pickle, put the tongue into a small pan, and lay some butter on it; cover it with brown crust, and bake slowly till so tender that a straw would go through it.

The thin part of tongues, when hung up to dry, grates like hung beef, and also makes a fine addition to the flavour of omelets.

To prepare Pig's Cheek for boiling.

Cut off the snout, and clean the head; divide it, and take out the eyes and the brains; sprinkle the head with salt, and let it drain 24 hours. Salt it with common salt and saltpetre;

let it lie eight or ten days if to be dressed without stewing with peas, but less if to be dressed with peas; and it must be washed first, and then simmered till all is tender.

To Cure Bacon

Divide the hog, and take the chine out; it is common to remove the spare-ribs, but the bacon will be preserved better from being rusty if they are left in. Salt the bacon six days, then drain it from that first pickle: mix as much salt as you judge proper with eight ounces of bay-salt, three ounces of saltpetre, and a pound of coarse sugar, to each hog, but first cut off the hams. Rub the salts well in, and turn it every day for a month. Drain and smoke it a few days; or dry without, by hanging in the kitchen, not near the fire.

Another way.

Cut off the hams and head of a pig; if a large one, take out the chine, but leave in the spare-ribs, as they will keep in the gravy, and prevent the bacon from rusting. Salt it with common salt and saltpetre, and let it lie for ten days on a table, for the brine to run from it. Salt it again ten or twelve days, turning it every day after the second salting. Then scrape, rub a little salt on, and hang it up. Scrape the white froth clean off, and rub on a little dry salt, which will keep the bacon from rusting.

Another way.

Take out the inside fat of a side of pork, lay it on a long board or dresser, that the blood may run from it. Rub both sides with salt and let it lie a day. Take a pint of bay-salt, and a quarter of a pound of saltpetre, beaten fine, two pounds of coarse sugar, and a quarter of a peck of common salt. Lay the pork in something that will hold the pickle, and rub it well with it. Let the skin side be downwards, and baste it every day with pickle for a fortnight. Hang it first in wood smoke, and afterwards in a dry place. Wipe off the old salt before it is put into the pickle. Do not keep it in a warm kitchen, or in the sun, as either will make both hams and bacon rusty; hang it so as to be clear of everything, and not to touch the wall.

To Cure Wiltshire Bacon.

Sprinkle each flitch with salt, and let the blood drain off for twenty-four hours; then mix a pound and half of coarse sugar, the same quantity of bay-salt, not quite so much as half a pound of saltpetre, and a pound of common salt: rub this well on the bacon, turning it every day for a month; then hang it to dry, and afterwards smoke it ten days. This quantity of salts is sufficient for the whole hog.

To make a Pickle that will keep for years, for Hams, Tongues, or Beef, if boiled and skinned between each parcel of them.

To two gallons of spring water put two pounds of coarse sugar, two pounds of bay-salt, and two pounds and a half of common salt, and half a pound of saltpetre, in a deep earthen glazed pan that will hold four gallons, and with a cover that will fit close. Keep the beef or hams as long as they will bear, before you put them into the pickle; and sprinkle them with coarse sugar in a pan, from which they must drain. Rub the hams, &c., well with the pickle, and pack them in close; putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may lie fourteen days, a large one three weeks; a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each piece be drained over the pan; and when it will drop no longer, take a clean sponge and dry it thoroughly. Six or eight hours will smoke them, and there should be only a little saw-dust and wet straw burnt to do this; but if put into a baker's chimney, sew them in coarse cloth, and hang them a week.

Pickled Pork.

Take Bone, and cut them into pieces. Rub them first with saltpetre, and then with two pounds of common salt and two pounds of bay-salt, mixed together. Put a layer of common salt at the bottom of tub, cover each piece with common salt and lay them one upon another as even as you can; fill the hollow places on the sides with salt. As the salt melts on the top, strew on more, lay a coarse cloth over the vessel, a board over that, and a weight on the board. Cover close, strew on more salt, as may be occasionally necessary, and it will keep good the year round.

Fine Pork Sausages.

Take six pounds of young pork, quite free from skin, gristle, or fat; cut it small, and beat it fine in a mortar. Chop six pounds of beef suet very fine; pick off the leaves of a handful of sage, and shred it fine; spread your meat on a clean dresser, and shake the sage over the meat. Shred the rind of a lemon very fine, and throw it with sweet herbs, on the meat. Grate two nutmegs, to which put one spoonful of pepper and a large spoonful of salt. Throw the suet over, and mix all well together. Put it down close in the pot, and when you use it, roll it up with as much egg as will make it roll smooth.

To Cure Hams.

Hang them a day or two; then sprinkle them with a little salt, and drain them another day; pound an ounce and a half of saltpetre, the same quantity of bay-salt, half an ounce of sal-prunella, and a pound of the coarsest sugar. Mix these well, and rub them into each ham every day for four days, and turn it. If a small one turn it every day for three weeks; if a large one, a week longer; but don't rub after four days. Before you dry it, drain and cover with bran. Smoke it ten days.

Another way.

Choose the leg of a hog that is fat and well-fed; hang it as above; if large, put to it a pound of bay-salt, four ounces of saltpetre, a pound of the coarsest sugar, and a handful of common salt, all in fine powder, and rub it thoroughly. Lay the rind downwards, and cover the fleshy part with the salts. Baste it as often as you can with the pickle; the more the better. Keep it four weeks, turning it every day. Drain it, and throw bran over it; then hang it in a chimney where wood is burnt, and turn it sometimes for ten days.

Another way that gives a high flavour.

When the weather will permit, hang the ham three days; mix an ounce of saltpetre, with a quarter of a pound of bay-salt, the same quantity of common salt, and also of coarse sugar, and a quart of strong beer: boil them together, and pour them immediately upon the ham. Turn it twice a day in the pickle for three weeks. An ounce of black pepper, and the same quantity of allspice, in fine powder, added to the above, will give still more flavour. Cover it with bran when wiped; and smoke it from three to four weeks, as you approve: the latter will make it harder and give it more of the flavour of Westphalia. Sew hams in hessings (that is, coarse wrappers), if to be smoked where there is a strong fire.

A method of giving a still higher flavour.

Sprinkle the ham with salt, after it has hung two or three days; let it drain; make a pickle of a quart of strong beer, half a pound of treacle, an ounce of coriander seeds, two ounces of juniper berries, an ounce of pepper, the same quantity of allspice, an ounce of saltpetre, half an ounce of sal-prunella, a handful of common salt, and a head of shalot, all pounded or cut fine. Boil these altogether a few minutes, and pour them over the ham; this quantity is for one of ten pounds. Rub and turn it every day for a fortnight; then sew it up in a thin linen bag, and smoke it three weeks. Take care to drain it from the pickle, and rub it in bran, before drying.

To Cure Hams the Yorkshire method.

Beat them well; mix together half a peck of salt, three ounces of saltpetre, half an ounce of sal-prunella, and five pounds of coarse salt. Rub well with this; put them into a large pan or pickling tub, and lay what remains on the top. Let them lie three days, and then hang them up. Put as much water to it as will cover the hams, adding salt till it will bear an egg, then boil and strain it. The next morning put in the hams, and press them down so that they may be covered. When they have lain a fortnight, rub them well with bran, and dry them. Three middle-sized hams may be done with these ingredients, so that if you do only one, you must proportion the quantity of each article.

To Cure Hams the New England method.

Cure two hams in the following manner: beat two ounces of sal-prunella fine, rub it well in and let them lie twenty-four hours. Take half a pound of bay-salt, a quarter of a pound of common salt, an ounce of saltpetre, beaten fine, and half a pound of coarse sugar. Rub all these well in and let them lie two or three days. Then take common salt and make a strong brine, with two gallons of water and half a pound of brown sugar. Boil it well, when cold skim it, put in the hams, and turn them every two or three days, for three weeks. Hang them up in a chimney, and smoke them well a day or two with horse litter. Afterwards let them hang for a week on the side of the kitchen chimney, and then take them down. Keep them dry, in a large box, covered with bran. They will keep good in this state for a year, though they may be used in a month.

To Cure Hams the Westphalia method.

After rubbing them with half a pound of coarse sugar, let them lie twelve hours, then rub them again with an ounce of saltpetre finely beaten, and a pound of common salt. Turn them every day for three weeks. Dry them in wood or turf smoke; when boiled, put a pint of oak saw-dust into the water.

To dress Hams.

If long hung, put the ham into water at night; and let it lie either in a hole dug in the earth, or on damp stone sprinkled with water, two or three days, to mellow; covering it with a heavy tub to keep vermin from it. Wash well and put it into a boiler with plenty of water; let it simmer four, five, or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over boiling water. Take off the skin, and strew raspings over the ham. Garnish with carrot. Preserve the skin as whole as possible, to keep over the ham when cold, which will prevent its drying.

To pot Ham and Chickens.

Cut some slices off a boiled ham, with half as much fat as lean. Beat it fine in a mortar, with some oiled butter, beaten mace, pepper, and salt, and put part of it into a china pot. Beat the white part of a fowl, with seasoning to qualify the ham; put it in alternate layers, with chicken at the top; press it hard down, pot as usual, and pour butter over. When sent to table, cut out a thin slice in the form of half a diamond, and lay it round the edge of the pot.

To prepare Hog's Head.

Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day; then drain it; salt it well with common salt and saltpetre three days, then lay the salt and head into a small quantity of water for two days. Wash it, and boil till all the bones will come out; remove them, and chop the head as quick as possible; but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice-berries. Put the skin into a small pan, press the cut head in, and put the other skin over; press it down. When cold, it will turn out and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

To Mar Pig's Head.

Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it into water one night; then drain, salt it extremely well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other, to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve, put the pig's feet round the outside, when boned, or the thin parts of two cow-heels. Put it in a cloth, bind it with broad tape, and don't take off the covering till cold. If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater; put in also some pieces of lean pork; and then cover it with cow-heel, to look like the horn. This may be kept either in or out of pickle of salt and water boiled with vinegar; and is a very convenient thing to have in the house. If likely to spoil, slice and fry it either with or without batter.

of two cow-heels. Put the head thus prepared in a dish, bind it with tape, and boil it till tender; then lay a heavy weight upon it, and when cold take it off. If you wish it to be like brawn, salt it longer with more saltpetre, adding some lean pork, and cow-heel. This may be kept either dry, or in a pickle of salt and vinegar.

To make Mock Brawn.

Boil two ox-feet tender, take off the meat; and next boil separately the belly piece of pork, that has lain in salt a week; take out the bones, and roll it with the feet very tight. Boil both together, and when tender, hang the collar up in the cloth till cold; after which, keep it in souse made as follows: boil for half an hour, a quarter of a peck of wheat bran, a sprig of bay, and one of rosemary, in two gallons of water, with four ounces of salt. Strain it off, and let it get cold before it is used. Some make mock brawn of a pig's head, boiled and seasoned with the belly piece; then cutting the meat from the bones, they add to it pieces of bullocks' feet; but this method is troublesome, and has no advantage in regard to taste.

Souse for Brawn, &c.

Boil a quart of oatmeal, a quarter of a peck of bran, a little rosemary, some bay leaves, and half a pound of salt, in two gallons and a half of water, for about half an hour. Strain off the liquor, add a little vinegar, and when cold it will be fit for use. To make it stronger, for the longer preservation of the article put into it, add one pint of spirits of wine, or of good brandy, to six quarts of the liquor.

To dry Hog's Cheek.

Split the head, cut off the snout, extract the brains, and take off the upper bone; rub it well with salt; next day remove the brine, and salt it afresh; cover it with half an ounce of saltpetre, two ounces of bay salt, a little common salt, and four ounces of coarse sugar. Turn the head frequently; and at the end of ten days, smoke it for a week.

To Collar a Sucking Pig.

Bone, and rub it all over with pepper and salt, sage leaves, and sweet herbs chopped small. Roll it up tight, and bind it with tape. Put into a boiler a bunch of sweet herbs, some pepper-corns, mace, cloves, salt, and a pint of vinegar, with soft water. When it boils, put in the pig, and let it remain till tender. Take it up, and when cold, bind it tighter, put it into an earthen pot, and pour the liquor over it.

Another way.

Stick the pig in the throat deeply, that it may bleed well, and die sooner. When the water is warm, plunge the pig into it, and take it out again directly; then rub it with some rosin pounded, and put it again into the water. When the hair comes off easily, take it up, and clean it quickly; open it while warm, and take all the entrails out except the kidneys; cut off the head and feet, and bone it without lacerating the skin. Cut some of the flesh to chop with beef-suet, pepper, and salt, four or five yolks of eggs, chopped parsley, mushrooms, a little ham, a few sweet almonds, and bread crumbs soaked in cream. Put a layer of this mixture upon the pig, then thin slices of ham, and some of the flesh of the pig, and so on till the whole is used. Roll it up in the skin, and tie it tight in a cloth. Boil it in weak soup, with half a pint of white wine, a bundle of sweet herbs, and three cloves. Boil it about an hour and a half, and when done, set it to cool.

To Cure Mutton Hams.

Rub well a hind quarter of mutton, cut into the form of a ham, with the pickle already directed for beef hams. Lay it in a pan with the skin downwards, and baste it every day for a fortnight. Then roll it in sawdust, suspend it in wood smoke for the same period, after which boil and hang it in a dry place. Cut it in slices, and boil them as they are wanted.

To Cure Veal Hams.

Cut a leg of veal in the fashion of a ham, mix a pint of bay salt with two ounces of saltpetre, one pound of common salt, an ounce of cinnamon, and the same quantity of juniper berries powdered. Rub the meat with this composition, and lay it in a tray with the skin downwards, basting it every day for a fortnight; after which, hang it up for the same space of time in wood smoke. It may be either boiled or parboiled and roasted.

To Pot Veal.

Cut a small fillet into three or four pieces; season with pepper, salt, and a little mace; put the veal into a pot with half a pound of butter; tie a paper over it, and set it in a hot oven to bake three hours. When taken out, cut off the outsides; pound the meat in a mortar with the fat of the gravy, till it is of the thickness of paste; then pack it close in pots, press it down hard, and when cold, pour clarified butter over it.

Marble Veal Potted.

Take part of a nice mellow tongue that is well boiled, cut it in three pieces; beat it in a mortar. Next, take part of a

ready roasted loin of veal, and beat it as before; season it with pepper, salt, and pounded mace. Then put some of the veal into the pots, with the tongue in pieces over it, and continue to intermix them till nearly full. Press the whole down hard, pour clarified butter into the pots, and keep them for use. Serve it in slices, and garnish with parsley.

To Collar a Breast of Veal.

Bone the breast, and beat it; then rub it over with the yolk of an egg, and strew thereon some powdered mace, nutmeg, pepper, salt, parsley chopped small, sweet marjoram, lemon-peel finely shredded, an anchovy boned and cut small, with crumbs of bread. Roll the whole up tight, bind it fast, and wrap it in a cloth; boil it two hours and a half in salt and water, and when done, hang it up by one end. Then make for it a pickle with a pint of salt and water, and half a pint of vinegar.

To Collar a Calf's Head.

Take off the hair, but not the skin; slit it down the face, bone, and steep it in warm milk till white; then lay it flat, rub it with the white of an egg, and strew over it a spoonful of pepper, two or three blades of beaten mace, a nutmeg grated, a spoonful of salt, some oysters chopped small, half a pound of beef marrow, and a handful of parsley. Cover the inside with these; cut off the ears, lay them on the thin part of the head, roll it up tight; wrap it in a cloth, and boil it two hours. When nearly cold, put it into a pickle as already directed.

Another way.

Scald the skin, clean the head well, and take out the brains; then boil it tender, and remove the bones. Have ready a mixture of chopped parsley, mace, nutmeg, salt, and white pepper. Season the head with this; place the parsley in a layer, then some thick slices of ham, or tongue skinned, and next the yolks of six eggs. Roll the head up close, and tie it tight. Boil it, and lay a weight upon it till cold.

To Collar a Breast of Mutton.

Bone the joint, and rub it with the yolk of an egg; then grate over it a little lemon peel and nutmeg; add some pepper and salt; then chop small some capers, two anchovies, a handful of parsley, and a few sweet herbs. Mix all these with crumbs of bread, and strew the whole over the mutton; roll it up tight, and boil it two hours. On taking it up, put it into a pickle.

Another way.

Bone, and take out the gristles. Rub it over with yolk of egg, and season it with pepper, salt, nutmeg, parsley,

thyme, and sweet marjoram, cut small; and, if approved of, add some shalot. Wash and cut an anchovy in pieces; strew the whole over the meat, roll it up, and put it into a stew-pan to brown. Add thereto some gravy well seasoned, and thicken it with flour and butter. Put in morels and truffles, or pickled cucumbers.

To Collar Lamb.

Slit the underside of a leg of lamb, take out the bone, and fill up the part with the kidney, and some of its fat finely sliced. Season the whole with pepper and thyme; roll and tie it up tight as in other collars.

To Pot Venison.

If the meat is stale, rub it with vinegar, and let it lie an hour; dry it with a cloth, and rub it all over with red wine; season with pepper, salt, and mace; then put it in a dish, pour over it half a pint of port, add thereto a pound of butter, and send it to the oven. If it is a shoulder, lay a coarse paste over it, and bake it all night. When taken out, pick the meat clear from the bones, and beat it in a mortar, with the fat of the gravy. If not seasoned enough, add more, with clarified butter, and beat it to a fine paste; press it into the pots, and cover it in the common way.

Another way.

Cut a piece of the fat and lean together, stick upon it pieces of butter, cover it with brown paper, and send it to the oven. When done, take the venison out of the liquor, and drain it till cold. Then clear off the skin, and beat the meat in a marble mortar; season with mace, cloves, nutmeg, black pepper, and salt. When the butter is cold that it was baked in, beat it up to moisten it with; after which, pot the meat in the usual way.

To Collar Venison.

Bone a side of venison, take out the sinews, and cut the meat into square collars. Lard it with fat bacon in very small bits; season with pepper, salt, cloves, and nutmeg; then roll it up, and tie it with tape. Put the venison into deep pots, with seasoning at the bottom of each, fresh butter, and three or four bay leaves. Lay the remainder of the seasoning and butter on the top, and, over that, beef-suet firmly beaten. Cover the pots with coarse paste, and bake them four or five hours. When done, let them stand a little; take the venison out of the pots, and drain it; add more butter to the fat, and set it over a slow fire to clarify. Then take it off, and skim it. Put at the bottom of each pot, a little seasoning and clarified butter; then lay the venison upon it, with butter over all about an inch deep. When a pot is wanted for use, put it into boiling water, and it will come out whole.

To Pot Hare.

Having prepared and cut up a hare the same way as for the table, put it into a pot, and season it. Lay thereon a pound of butter, tie it close, and bake it. When done, pick the meat from the bones, and pound it fine with the fat of the gravy. Then proceed as directed for potting.

To Pot Pigeons.

Season them with pepper and salt; lay them close in a small but deep pan, for the narrower the surface, the less butter they will require. Cover them therewith, and tie over the whole some thick paper, after which put them into an oven. When cold, take out the pigeons, and put them dry into pots that will hold two or three each, and pour additional butter over them, with some of that with which they were baked, and which must be pretty thick, if the birds are to be kept any time. By boning them, they will lie closer in the pot, and need less butter. Pigeons thus done, may be stuffed with a forcemeat made of veal, bacon, and other ingredients. To increase the flavour, add mace, allspice, and cayenne, before they are sent to the oven.

To Pickle Pigeons.

After boning, turn them inside out, and lard them; then season them with allspice, and salt well pulverized; turn them again, and tie up the neck and rump. Put them into boiling water; let them remain therein one or two minutes; then take them out, dry them, and put them into a boiling-hot pickle made of white wine and white wine vinegar in equal quantities, white pepper, and allspice, sliced ginger, and nutmeg, and two or three bay leaves. If the pigeons are small, they will be done in a quarter of an hour; otherwise they will take from twenty to thirty minutes. On taking them out, wipe them and set them to cool. When the pickle is perfectly cold, remove the fat, put in the pigeons again, keep them in a stone jar, and cover it over with a bladder to exclude the air. Instead of larding, put into them some stuffing made of the hard yolks of eggs and marrow, in equal proportions, sweet herbs, pepper, salt, and mace.

To Pot Geese and Turkeys.

Cut a fat goose and turkey down the rump, and bone them; lay them quite open; season them well with the grating of three nutmegs, an equal weight of white pepper, and double the quantity of salt. Lay the turkey within the goose, and keep them in the seasoning two nights and one day; then roll them up tight like collared beef, and bind them fast. Bake

them till tender, let them lie in the liquor an hour, then take them out, and the next day place them in a pot with clarified butter over them.

To Pot small Birds.

Pick, draw, and wipe them clean; season them with pepper, salt, and mace; then put them into a pot with butter; after which, send it to the oven, and when done, drain off the gravy. Next put the birds into fresh pots, and cover them in the common way.

To Pot Woodcocks.

Pluck and draw out the trails of six woodcocks, skewer the bills through the thighs, put the legs within each other, and the feet upon the breasts. Season with mace, pepper, and salt. Put them into a deep pot, with a pound of butter over them, and bake them in a moderate oven. When done, lay them on a dish to drain; then put them into the proper pots, cover them with the butter in which they were baked, and lay over them some that is clarified. Snipes may be done the same way.

To Pot Partridges.

Season them with mace, allspice, white pepper, and salt finely powdered. Rub them well with this mixture; lay them breast downwards in a pan, and pack them as close as possible. Cover them with butter, and over that a coarse paste made of flour; fasten all down with strong paper, and place it in the oven. When cold, put the birds into pots, and cover them with butter.

Another method.

Prepare and bake them as before directed; when cold, cut them in pieces, pack them close in a potting pan, and cover them with butter, which will serve afterwards for basting or for paste.

To Pot Moor-Game.

Pick, singe, and wash the birds; then dry them, and season them well inside and out, with pepper, salt, mace, nutmeg, and allspice. Pack them in a small pot, cover them with butter, and bake them in a slow oven. When cold, remove the butter, dry them from the gravy, and put one bird into each pot, with as much butter as will cover it. The best way to melt it is, by warming it in a basin set in hot water.

To Pot Cow-heels.

Clean and boil the heels tender, then cut the meat small; season it with white pepper, salt, and the grating of a nutmeg. Stew it in veal soup half an hour; after which, form it into shape, and pot it as jelly.

Potted Dripping.

Boil six pounds of best dripping in soft water, strain it into a pan, and let it cool; then take off the fat, and scrape the gravy from the inside. Do this repeatedly; then put it into a saucepan, with six bay leaves, twelve cloves, half a pound of salt, and a quarter of a pound of whole pepper. Melt the fat, and when just hot, strain it into a pot till cold, and then cover it close. It makes excellent paste for puddings.

To Pot Cheese.

Take three pounds of Cheshire cheese, and beat it well with eight ounces of butter, half a gill of white wine, and a little mace. Mix the whole together, and press it hard into the pots, covered with clarified butter.

To make Sausages.

Chop some fat and lean pork together; season it with sage, pepper, and salt, and add, if agreeable, some allspice. Half fill the guts, that have been cleaned and soaked, with the meat; and lay them by for use, first pricking them with a fork before they are fried, to prevent their bursting. Serve with red cabbage and mashed potatoes.

Another way.

Sausages are commonly made of the trimmings of hams, and other parts of the pig; the fat and lean in equal quantities. First cut the meat small, and take out the sinews; when fine, season it with pepper, salt, spice, and sage. Put the meat into skins or pots, sprinkling some pepper and salt over it. When wanted, roll the meat up, and fry it in clarified butter. Salted beef may be used instead of pork, and by many it is preferred.

Oxford Sausages.

Chop a pound and a half of pork, and the same quantity of veal, both clear of skin and sinews. Add thereto three-quarters of a pound of beef-suet; mince and mix them; steep the crumb of a penny loaf in water, put it to the meat, and with it some dried sage, pepper, and salt.

To make Sausages to eat cold.

Season some pork with salt, saltpetre, black pepper, and allspice, all finely powdered. On the sixth day, cut the meat small, and mix with it some shredded shalot or garlic as fine as possible. Take an ox gut, well scoured, salted, and soaked; fill it with the stuffing, and hang it to smoke where wood is burnt, first wrapping it in some thin cloth. Let it be well dried, and tied in different places, so as to make links of about eight inches each in length.

To make Bologna Sausages.

Take of beef-suet, fat and lean bacon, beef and veal, one pound each; cut them small, and chop them fine; then pick off the leaves of a handful of sage, and mince them with a few sweet herbs; season the meat with pepper and salt; and having filled a large gut with the mixture, put it into a saucepan of boiling water, first pricking the gut to prevent its bursting. Let it boil gently for an hour, and then lay it on clean straw to dry.

To make German Sausages.

Take the crumb of a small loaf, one pound of suet, half a lamb's lights, parsley, thyme, sweet marjoram, and onion, minced small, and seasoned with pepper and salt. Stuff these into a sheep's gut, and fry them in melted suet, for immediate use.

To make Savaloys.

Take three pounds of young pork, free from bone, skin and sinews, and let it lie two days in one ounce of saltpetre and one pound of common salt; chop the meat fine, put in three tea-spoonsful of pepper, twelve leaves of sage chopped small, and one pound of grated bread. Mix these well, fill the skins, and bake them half an hour in a slack oven. They may be eaten hot or cold.

French Hog's Puddings.

Boil some onions cut small in a little water, with some of the fat; and when the liquor is nearly reduced, cut more flair into dice, and put it into the stewpan with the onions, the blood, and a fourth part as much cream, seasoned with salt and spicery. Stir these well, and fill the skins by means of a funnel adapted to the size of the gut, which is first cut into the length of the puddings. Tie the ends so that they may not burst; then put them into boiling water, and in a quarter of an hour prick them, and if no blood comes out, it is a sign that they are done enough. Then set them to cool, and before serving up, broil them on a gridiron.

White Hog's Puddings.

After cleaning the skins, soak them all night in rose water, and then half fill them with a mixture of half a pound of blanched almonds, each cut into seven or eight pieces, a pound of grated bread, two pounds of marrow or suet, one pound of currants, some pounded cinnamon and cloves, mace and nutmeg, a quart of cream, the yolks of six and the whites of two eggs; a little orange flower water, some Lisbon sugar, lemon peel, and citron sliced. Boil them in milk and water, and take care to prevent them from bursting by pricking them with a fork.

Another White Pudding in Skins.

After washing half a pound of rice in warm water, boil it in milk till tender; then put it into a sieve to drain; in the mean time, beat up half a pound of sweet almonds very fine with rose water; wash and dry a pound of currants, cut a pound of hog's lard small, beat up six eggs, half a pound of sugar, a nutmeg grated, a stick of cinnamon, some mace, and salt. Fill the skins with this mixture, and boil them.

Another way.

Take four pounds of beef-suet shredded fine, three pounds of grated bread, and two pounds of currants picked and washed; a quarter of an ounce each of cloves, mace, and cinnamon finely beaten, salt, a pound and a half of sugar, a pint of wine, a quart of cream, some rose water, and twenty eggs well beaten, with half the whites. Mix these well, and half fill the guts, boil them a little, and prick them; take them up when done, and lay them to dry.

To make Black, or Hog's Puddings.

Boil a quantity of grits in water for about half an hour, and then put them into a pan. On killing the hog, save two quarts of the blood, and keep it stirred till cold. Then mix and stir together that and the grits, adding thereto a table-spoonful of salt, some powdered allspice, a quantity of pennyroyal, thyme, winter savory, and sweet marjoram finely shredded. Clean, salt, and soak the skin or guts; then cut into dice some of the flair or fat of the hog, and mix it with the other ingredients. Fill the skins with the meat, grits, and herbs, tie them in links when three parts full, and put them into boiling water, pricking them as they swell, to prevent their bursting. Boil them gently about an hour, then lay them on straw or clean cloths to drain, after which, hang them up for use.

Another way.

Soak in a quart of milk the same quantity of grits the night before the hog is killed; add to the same, a quantity of pennyroyal, savory, thyme, pepper, mace, nutmeg, and cloves finely powdered. Mix these with a quart of the blood well stirred with salt till cold. Then fill the skins with this mixture, and some of the fat cut into dice, and boil them. Some add crumbs of bread soaked in milk and water, shredded leeks, beef-suet, beaten eggs, and other things, according to taste. Previous to using black puddings, they should be scalded a few minutes, and then wiped dry.

Hog's Puddings with Almonds.

Chop a pound of beef-marrow, and half a pound of sweet almonds blanched; beat them fine with orange flower or rose water; take half a pound of grated bread, the same quantity of currants, a quarter of a pound of fine sugar, a quarter of an ounce each of mace, nutmeg, and cinnamon, and half a pint of wine. Mix these with half a pint of cream, and the yolks of four eggs; half fill the skins, tie them up, and boil them a quarter of an hour.

To make Liver Puddings.

Wash and clean the guts; boil the liver till it will grate or pound; take an equal quantity of minced suet and liver, chop an onion or two, season with pepper, salt, and a little thyme rubbed small. Half fill the guts; cut them into proper lengths, and fasten the ends. Let them boil a little, and prick them to prevent bursting. When done, lay them to cool; broil, and serve them to table.

To make Sweet Puddings.

According to the quantity you intend to fill, mince equal quantities of beef-suet, and apples; grate some stale bread; wash some currants; pound raw sugar, nutmeg, and cinnamon; and grate a piece of lemon peel. Mix these well, and fill the guts; boil them, and in about a quarter of an hour take them out to drain. When wanted for use, put them first into boiling water, and then on a gridiron.

To make Oatmeal Puddings.

To one pound and a half of suet chopped fine, add two pounds of oatmeal, an onion or two sliced; season with pepper and salt, and fill the skins or guts as before. The oatmeal should be well dried before it is used.

To prepare and keep Hog's Lard.

Melt it well in a jar, put it into a kettle of boiling water, and then run it into bladders that have been well cleaned and soaked. The smaller these are, the better the lard will keep. Put in a sprig of rosemary while melting.

To dry Salmon.

Cut the fish down, take out the inside and roe; rub it with salt after scaling it, and let it hang to drain twenty-four hours. Pound three or four ounces of saltpetre, two ounces of bay salt, and as much coarse sugar. Rub the salmon with this mixture, and let it lie two days, then do it thoroughly with common salt, and at the end of twenty-four hours, wipe it well, and hang it up in a dry place, keeping it open with two sticks

To Pickle Salmon.

Having scaled and cleaned the fish, divide it into pieces, lay them in the kettle, and cover them with water; to three quarts of which, add a pint of vinegar, a handful of salt, twelve bay leaves, six blades of mace, and one quarter of an ounce of black pepper. When it has boiled sufficiently, drain it, and put it into a cloth; then put more salmon into the kettle, and continue the process as before, till all are done. Increase the poignancy of the pickle, if necessary, by the addition of a little more vinegar and salt, and boil it three-quarters of an hour. When cold, pack the fish in a tub or some deep vessel, and cover it well with the pickle, taking care to exclude the air. Drain the liquor from the fish, and occasionally boil and skim it.

The Aberdeen Method.

Boil the salmon as for table, in water and salt, then lay the fish to drain till cold. Next put it in a cask or pot, with a gallon of vinegar to thirty pounds of salmon, and half the quantity of the liquor in which the fish was boiled. Be careful to take off the scum while the salmon is boiling, and avoid letting it be over-done.

The Berwick Method.

Take a salmon of about twelve pounds weight, and having cut off the head, divide it into pieces without splitting. Scrape the blood from the bone, and wash it well out, tie it across in squares, set it in the pan with two quarts of water and three of strong beer, half a pound of bay and one of common salt. Skim it well while boiling, and add as much fish as the liquor will cover. When done enough, take it out, and lay the pieces on dishes till the next day; then put them into pots, and add to the liquor three quarts of strong beer vinegar, half an ounce of mace, as much cloves and black pepper, one ounce of long pepper, and double that quantity of sliced ginger. Boil these ingredients for half an hour, then pour the whole quite hot over the fish, which, when cold, must be covered with strong brown paper.

To Collar Salmon.

Cut off the tail of a side of salmon, wash the fleshy part, and dry it; then rub it over with the yolks of eggs, and make forcemeat of the tail end. Take off the skin, and add some parboiled oysters, one or two tails of lobsters, the yolks of three or four eggs boiled hard, six anchovies, a handful of sweet herbs chopped small, a little salt, cloves, mace, nutmeg, pepper, and grated bread. Work these ingredients together, lay the composition over the salmon, and strew thereon some

pepper and salt. Roll it into a collar, and tie it tight. Boil some water, salt, and vinegar; and then put in the fish, with sweet herbs, sliced ginger, and nutmeg. Let it boil gently about two hours, and take it up. Put it into a pan, and when the pickle is cold, pour it over the salmon. If covered with clarified butter, it will keep a long time.

To Pot Salmon.

Scale and dry a fresh salmon; slit it down the back, and take out the bone; next mix some grated nutmeg, mace, pepper, and salt, and strew the same over the fish; let it lie two or three hours, then place it into a large pot, with half a pound of butter, and bake it an hour. When done, let it drain; then cut it up; dispose the pieces in layers, with the skin uppermost, in pots, over which place a board with a heavy weight thereon. When cold, pour on clarified butter, and keep it for use. It may be sent to table in pieces or cut in slices. Carp, trout, and mackarel, may be done in the same way.

To Pickle Sturgeon.

Cut it into pieces, wash it well, and tie it with mats. To three quarts of water put one of old strong beer, a handful of bay salt, and double the quantity of common salt, one ounce of ginger, two of black pepper, one of cloves, and one of Jamaica pepper. When the liquor boils, put in the sturgeon till it leaves the bone, and then take it up; the next day put in a quart of the strongest beer vinegar, and a little salt. Cover it close with strong paper, and keep it for use.

Imitation of Pickled Sturgeon.

Take a large turkey that is not old; pick and singe it well; then bone and wash it, and tie it several times across with clean matting. Pour into a saucepan one quart of water, as much vinegar, and the same quantity of white, but not sweet wine. Add a large handful of salt; and while the liquor is boiling, skim it well. Boil the turkey, and when sufficiently done, make the fastenings tighter, and lay it upon a dish with a weight upon it. When both are cold, put the turkey into the liquor for occasional use. This will keep some months, and have a better flavour than sturgeon. It should be sent to table with fennel, and eaten with vinegar, oil, and sugar. Add more vinegar and salt to the pickle, if necessary.

To Collar Mackarel.

Clean the fish, slit them down the belly, cut off the heads, take out the bones, and lay each on its back; prepare a seasoning of mace, nutmeg, pepper, salt, and a handful of parsley shredded; strew this mixture over the fish, roll them

tight, and tie them in separate cloths; let them boil gently twenty minutes in vinegar, salt, and water, then take them out, put them into a pan, and pour the sauce over them, or the cloth will stick to the fish; the next day remove the wrappers, add some vinegar to the pickle, and when you send the mackarel to table, garnish with fennel and parsley, and put some of the liquor in the dish.

To Pot Mackarel.

Clean, season, and bake them in a pan, with plenty of spice, bay leaves, and butter. When cold, put them into a pot, and cover them with butter.

To Pickle Mackarel in the manner called Caveach.

Clean and divide six large mackarel; cut each side into three parts; take an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all finely powdered; mix them, and having made a hole in each piece of fish, force the seasoning therein, rub also some on the outside; then fry them brown in oil, let them stand till cold, put them into a stone jar, and cover them with vinegar. If they are to be kept for any length of time, pour some oil on the top.

To Collar Eels.

Clean and bone some fine large eels, and then flatten them with the inside upward. Next mix parsley, shalot, thyme, marjoram, and savory chopped small, with a little beaten pepper, mace, cloves, nutmeg, allspice, mushroom powder, lemon peel, and salt. Rub these well into the eels, both inside and out; after which, roll and tie them up tight. In the mean time, boil the heads and bones in salt and water, with a bit of lemon peel, a few bay leaves, and pepper; put the collars into this liquor with some vinegar, and let them simmer in a stewpan till done. Take the collars out, skim off the fat, boil it down to a jelly, and either pour it on them when cold, or wipe them dry and serve them up with it. Some sprigs of parsley, lemon peel, or barberries, may be put upon the eels, and slices of lemon round the dish, if served up whole; but if in slices, a garnish of parsley will be sufficient. For family use, eels may be collared with parsley, sweet herbs, allspice, salt, and saltpetre only. Some persons put wine into the jelly. This is a nutritive dish.

To Pot Eels.

Skin and clean a large eel; dry and cut it into pieces about four inches in length; season these with beaten mace, pepper, salt, and a little sal prunella pounded fine. Lay the pieces in a pan, and just cover them with clarified butter;

bake them half an hour in a quick oven, according to the size of the eel. When done, take out the fish, and lay it in a cloth to drain till cold; and then season it as before, and lay it close in the pot. Take off the butter it was baked in, set it in a dish before the fire, and when melted pour it over the potted eel.

To Pot Lobster.

Boil a lobster in salt water, and stick a skewer in the vent, to prevent the ingress of the water. When cold, take out the meat, beat it fine in a mortar, and season it with pounded mace, nutmeg, pepper, and salt. Mix all together, melt a piece of butter, and put the whole to the lobster while beating. When reduced to a paste, lay it in the pot, and press it close. Pour over it clarified butter. The meat may be put in whole with the body, instead of being pounded.

Another method

Pick the meat out clean; split the tail; take out the gut, and, provided the inside is not watery, add it to the rest. Season with mace, nutmeg, white pepper, salt, and one or two cloves powdered finely. Put some nice butter at the bottom of the pan, and lay the lobster smoothly over it, with bay leaves between; then cover the whole with butter, and bake it gently. When done, pour the contents on the bottom of a sieve, and lay the pieces separately in pots with the seasoning intermixed. As soon as it is quite cold, pour clarified butter, but not hot, over it, and the next day the lobster will be fit for use; or if more highly seasoned and covered with a thicker coat of butter, it will keep some time. Potted lobster may be eaten cold, or made into a fricassee with cream sauce.

To Pot Prawns, Shrimps, or Crayfish

Boil them in salt and water, and when picked, strew over them beaten mace, grated nutmeg, or allspice, pepper, and salt. Add thereto a little cold butter, and pound the whole well till it is of the consistence of paste. Pot, and cover it with clarified butter, and tie some bladder over it.

To Pot Herrings.

Having cleaned them, cut off the heads, and lay them close in an earthen pot. Between every two layers, strew some salt; and add cloves, mace, whole pepper, and slices of nutmeg. Fill up the pot with vinegar, water, and a quarter of a pint of white wine. Cover the pot close, and bake it. When cold, pot the herrings for use.

To Pot Pike.

Scale the fish, clean, it and cut off the head, split it, and take out the chine-bone; then strew over the inside some bay salt

and pepper; roll it round, lay it in a pot, and bake it an hour. When done, take it out, and let it drain till cold; after which, pot it as already directed.

To Pot Smelts.

Gut and clean them, then season them with salt, pounded mace, and pepper; put them into a pan covered with butter, and bake them. When nearly cold, lay them on a cloth; pack them in pots, take the butter they were baked with, and clarify it with more for a covering to them.

To Pickle Oysters.

Put the oysters into a stewpan, dust them with some fine Lisbon sugar, pour to them their own liquor well strained, and set the pan on a gentle fire for five minutes, but without suffering it to boil. Decant off the liquor into another stewpan, and add to it double the quantity of good vinegar, with some catsup, cayenne pepper, lemon-peel, and salt. Boil the whole for a quarter of an hour; then dust the oysters again with sugar and salt finely powdered; after which, place them one by one in a stone jar. When cold, strain the pickle over them, and cover the whole closely with bladder and leather. Some persons cut off the beards before they lay the oysters in the jar. Pickled oysters should be served up in rows, and garnished with slices of lemon.

Another method.

Put the oysters into a saucepan with their own liquor, and let them simmer ten minutes very gently; then lay them in a jar as already directed, and cover them cold with the following pickle. Boil the liquor with a bit of mace, lemon peel, and black pepper, and to every hundred of oysters, put two spoonsful of the best vinegar. They should be kept in small jars, well covered, to exclude the air, which would spoil them. Muscles and cockles may be done in the same manner.

PRACTICAL COOKERY.

TO MAKE BROTHS AND SOUPS.

Lean juicy beef, mutton, or veal are the best for broth, but they should be as fresh as possible, for stale meat will give it a bad taste, and that which is fat is only so much wasted. Nothing can be more impolitic than to consider inferior meat as good enough for broth or soup, and to boil it down till it is fit only to throw away. This is false economy, for good meat not only yields most nutriment, but, after being stewed, is of itself an agreeable food.

The principal art of making soup is so to proportion the ingredients, that no one shall predominate over the rest. Care must be taken that the roots and herbs are perfectly clean, and the quantity of water adapted to that of the meat and other articles, which is generally one quart to a pound. When the soup stews gently, little more water need be put in, than will be necessary at the end; as by keeping the pot close, and the fire gentle, little can evaporate. Observe, that gentle stewing renders the meat peculiarly tender, and gives a fine flavour to the soup or broth. It is therefore essential, that the cover of a soup kettle should fit tight, otherwise no art will prevent the finer and succulent parts of the broth from escaping. Let the pot be placed over a moderate fire, which will heat the water without causing it to boil, under half an hour, or rather more; for if the boiling begins sooner, the meat will not be penetrated; whereas, by keeping the water heated some time without boiling, the meat swells, becomes tender, the fibres are softened, and the whole yields a quantity of scum, which must be taken off as soon as it appears. The meat, however, should be well cleansed from clotted blood and other impurities, before it is put into the pot. After simmering half an hour, the fire may be mended, and as the pot boils, the scum must be taken off, till no more appears, when the vegetables must be put in together with a little salt, which will cause more scum to rise, and on removing it, cover the pot close, and place it at a little distance from the fire to boil gently, from three to six hours. It is advisable to prepare soups the evening before they are wanted, which will give the cook more time to attend to her other duties; besides which, the fat can be more easily taken off in a cold, than in a warm state. In pouring off the soup, care must be taken to avoid disturbing the settleings at the bottom, for they are so fine as to escape through a sieve, or

even a tammis which is the best strainer. If strained while hot, let it be through a clean tammis or napkin that has been previously soaked in cold water, which will congeal the fat, and only suffer the liquor to pass. Transparency is an essential quality in clear soups; and thickened ones must be of the consistency of rich cream, with double the quantity of seasoning. For giving a body to soups, clarified butter is best; but if there is none at hand, put some fresh butter into a stewpan over a slow, clear fire; and when it is melted, add a sufficient quantity of fine flour to make it into the thickness of a paste; stir it well with a wooden spoon about fifteen or twenty minutes, till it is quite smooth, and of a bright yellow colour. The process must be gradual, for if the fire is too fierce, it will become bitter; pour it into an earthen pan, and keep it for use. In summer it will keep a fortnight, but in winter longer. A large table-spoonful will be sufficient to thicken a quart of gravy; but care must be taken that it does not get a burnt smell or flavour, for if that should be the case, it will spoil whatever it is put into. When cold, it should be thick enough to cut out with a knife. It then forms the basis of most made-dishes, soups, sauces, and ragouts. It must be gradually mixed with the soup, till the whole is thoroughly blended; after which, it must be simmered over a gentle fire for half an hour; but should it have a lumpy appearance, pass it through a tammis or fine sieve.

If soup is too weak or thin, take off the cover of the pot, and suffer it to boil till some of the watery part has evaporated; or else add some of the thickening just described, to which join some plain browning.

When soups or gravies are kept in summer or hot weather, they should be warmed every day, and put into fresh scalded tureens or pans, and placed in a cool cellar. When the weather is mild, every other day may suffice.

A clear jelly of cow-heels is very serviceable to be constantly kept in the house, as an improvement to soups and gravies. Truffles and morels also thicken soups, and give them a fine appearance. Half an ounce of each should be washed, and then the whole simmered in water for a few minutes, after which it may be added to the liquor.

In all families where much cooking is required, it is necessary to have a constant supply of what is called store or stock, without which, neither soups, gravies, nor made-dishes can be well prepared. This essential article commonly consists of beef or veal.

To make the first, take twenty pounds of coarse lean beef cut into small pieces, and put the same into a pot, or rather a digester, with water sufficient merely to cover it. When it begins to simmer, keep it well skimmed, and add such pot-

herbs as may be proper to give it a flavour. Season the whole with salt and ground pepper, and keep it simmering till the meat is quite tender. Skim the whole well, strain the liquor through a fine hair sieve, and keep it in a covered pan for use.

Veal stock is thus made: take ten or twelve pounds of the coarser pieces, such as the leg, neck, &c. to which add about one pound of lean ham, together with the bone. Cut the meat small, and chop or break the bones, after which, put the whole into two quarts of water; with herbs to suit the palate, as in beef stock. Let these ingredients simmer till the meat is nearly tender, but the liquor not discoloured, that it may be fit for white soups; then add as much of the beef stock as will cover the veal, which may be kept simmering half an hour longer. Take off the fat, strain the liquor through a sieve, and keep it for use.

Gravy Stock.

For a strong gravy stock, take a slice of bacon or lean ham, and put it into the stewpan, take next a pound of beef, cut thin, lay it on the bacon, to which add the slice of a large piece of carrot, an onion sliced, a crust of bread, some sweet herbs, a little mace, cloves, nutmeg, whole pepper, and an anchovy; cover the whole, set it on a slow fire for five or six minutes, and pour in a quart of beef stock; cover the whole up close again, and let it boil softly till reduced one half. This will be a rich high brown gravy, useful for various kinds of soups and made-dishes.

Jelly Stock.

This is very useful to keep in hand, for the improvement of soups and gravies. It is prepared thus:—Take a sufficient number of calves' feet, and put them into a stewpan, with about three pints of water to each, and let them boil gently for four hours or a little longer; then take out the meat, and put it into cold water. When cold, trim it for the use it is intended; throw the trimmings into the stock, and let the whole boil again, till it has acquired sufficient strength and consistency. Four feet should produce as many quarts of stock.

Fish Stock.

Take a pound of skate, four or five flounders, and two pounds of eels; clean them well, cut them into pieces, cover the whole with water, and season with mace, pepper, salt, an onion stuck with cloves, a head of celery, two roots of parsley sliced, and some sweet herbs. Let the composition simmer an hour and a half closely covered, and then strain off for use.

Beef Broth.

Take a leg or shin of beef, and crack the bone in two or three places; then add what trimmings you may have of meat, game, or poultry, as heads, necks, gizzards, feet, &c. covering the whole with cold water. Put the pot over the fire, and stir up the contents well from the bottom; and when it begins to simmer, skim it till the broth is perfectly clear; then add some more water to make the remaining scum rise, and continue skimming as before. When the scum has done rising, and the surface is quite clean, put in a middling-sized carrot, a head of celery, two turnips, and two onions; but neither sweet herbs, spice, nor garlic, either of which can be added immediately if wanted. Cover it closely, set it on one side, and let it simmer gently four or five hours, or even more, according to the quality of the meat; strain the broth through a sieve into a dry earthen pan, and put it in a cool place to settle.

Be careful to stew no longer than till the meat is thoroughly done, and you will thus obtain excellent broth, without depriving the beef and other ingredients of their succulent properties. The meat, when gently stewed for four or five hours, till it is barely tender, will afford a wholesome meal for six persons.

Beef Tea.

Put a pound of beef, cut into slices, into a quart of water, let it simmer for half an hour, and take off the scum; then add, if wanted, some spice, but in general only common salt is used to season it. This is a light and nourishing food where the digestive organs are in a weak state.

A Broth that will keep long.

Put the mouse part of a round of beef, a knuckle bone of veal, and some shanks of mutton, into a deep pan, cover the whole with a dish or coarse crust; bake it till the beef is done sufficiently for eating, with just as much water as will cover it. When cold, cover it in a cool place. On using it, you may give it any strength or flavour you please.

Another cheap Broth quickly made.

Take one or two bones of a neck or loin of mutton, cut off the fat and skin, set it on the fire in a small saucepan that has a cover, with somewhat less than a pint of water, the meat being first beaten and cut small. Then add, if required, a little thyme and parsley, with a slice of onion. Let the whole boil very quick, skim it well, and take off the cover if it is likely to be too weak, otherwise it must be kept close to prevent evaporation. Half an hour will complete it.

Veal Broth.

Stew a knuckle of veal in about a gallon of water, add thereto two ounces of rice or vermicelli, some salt, and a little mace. When the meat is thoroughly done, and the liquor reduced about one half, it will be fit for use.

Mutton Broth.

Take two pounds of a scrag of mutton, and put it into a stewpan, covering it with cold water, which, when it has become milk-warm, must be poured off and skimmed; then put in again, with four or five pints additional, a tea-spoonful of salt, a table-spoonful of grits, and an onion; set it over a slow fire, and when the scum is all taken off, put in two or three turnips; then let the whole simmer slowly two hours, and strain the liquor through a sieve. If it is to be thickened, add some oatmeal, rice, and Scotch or pearl barley.

Scotch Mutton Broth.

Lay a neck of mutton to soak in water for an hour; then cut off the scrag, and put it into a stewpan, with two quarts of water. When it begins to boil, skim it carefully, and let it simmer an hour and a half; then cut the best end of the neck into pieces, take off some of the fat, and put as many of the bones as you please into the pan; and when the fresh meat begins to boil, skim repeatedly for a quarter of an hour, till the broth is quite clear. Put in four or five carrots, as many turnips, and three onions, all cut, but not small, and let them remain long enough to become tender; add thereto four large spoonfuls of Scotch barley, that has been previously washed with cold water. The meat ought to stew three hours and twenty minutes; before it is taken up, some chopped parsley may be put into it.

Scotch Barley Broth.

Wash three-quarters of a pound of Scotch barley in some cold water, put it into a soup kettle, with a shin or leg of beef, or a knuckle of veal of about ten pounds weight, divided into four pieces; cover the whole well with cold water, set it over the fire when it begins to boil skim it clean, and put in two large onions, set it by the side of the fire to simmer gently about two hours; then take off all the fat, and put in two heads of celery, and a large turnip cut into small pieces; season the whole with salt, and let it boil an hour and a half longer. Take out the meat, and skim the broth carefully before you put it into the tureen. By making the soup the day beforehand, and letting it stand to cool, much fat may be taken off, which, when clarified, will be useful for drippings.

Simple Method of making Barley Broth.

To four ounces of Scotch barley, washed in cold water, add the same quantity of sliced onions, put them into five quarts of water; boil gently an hour, and then pour it into a pan. Next put into a saucepan, from one to two ounces of beef or mutton dripping, clarified or melted suet, or two or three ounces of fat bacon chopped small. When melted, stir into it four ounces of oatmeal, and rub these together till it becomes a paste, then put in the barley broth, by spoonfuls, gradually, and stir the whole till it boils. Season it by putting into a teacup a drachm of pounded celery, or cress seed, a quarter of a drachm of pounded cayenne, or a drachm and a half of black pepper or allspice, then mix a little of this with the soup, pour it into the rest, simmer the whole a quarter of an hour, add salt, and it is ready.

Broth of Beef, Mutton, or Veal

To two pounds of lean beef, add one pound of scrag of veal, and one of scrag of mutton, sweet herbs, and ten pepper corns, put the whole into a saucepan, with five quarts of water; and let it simmer till reduced to three quarts, then take it off, and set it to cool, after which, clear it from fat. If agreeable, an onion may be added.

Broth of Calf's feet.

Boil two feet in three quarts of water, till the liquor is reduced one half; then strain it, and set it aside. When it is to be used, take off the fat, and put a large tea-cupful of the jelly into a saucepan, with half a glass of sweet wine, some sugar, and nutmeg, and heat it up till it is ready to boil, then take a little of it, and beat to it by degrees the yolk of an egg, and add a piece of butter about the size of a small walnut, stir all together, and let it simmer, but without boiling.

Another method is, to boil two feet, two ounces of veal, and the same quantity of beef, the bottom of a penny loaf, two or three blades of mace, half a nutmeg sliced, and a little salt, in three quarts of water, till it is reduced to three pints, then strain the whole, and take off the fat.

Chicken Broth.

Boil the breast of a chicken in a quart of water; take off the skin, and when the meat is cold, pound it to a paste in a marble mortar, with a little of the liquor; then season with a little salt, grated nutmeg, and a small bit of lemon peel. Boil this compound gently for a few minutes, till it acquires a proper consistency. Having thus prepared what is called chicken panada, which is of itself very nourishing, take the body and legs of the fowl, and having removed the skin and rump, boil

them in the water that was left of the former; and if there is not enough, add as much as will be sufficient, with a blade of mace, a slice of bread, and ten or twelve whole pepper corns; then simmer till the broth has a pleasant taste; beat a quarter of an ounce of sweet almonds with a tea-spoonful of water very fine, boil it in the broth, which must then be strained, and when cold, the fat taken off.

Another method.

Skin a large old fowl, which, after cutting off the fat, must be broken to pieces, and put into two quarts of water, with a crust of bread, and a blade of mace. Boil gently for five or six hours; then pour off the liquor, and put thereto a quart of boiling water, and cover up the whole very close; letting it boil softly till it is agreeable to the taste, then strain it, and season with some salt. While this process is going on, boil a chicken separately, and after the flesh is taken off, break the bones, and put them into the liquor, with a blade of mace, and a crust of bread. When the juice of the bones is extracted, strain it off, and mix it with the liquor of the other fowl.

A nourishing Broth.

Take the knuckle of a leg or shoulder of veal, which has but little meat on it, also an old fowl, and four shank bones of mutton, well soaked and bruised; put with these, three blades of mace, ten pepper corns, and an onion, a large slice of bread, three quarts of water, into a stewpan with a close cover, and let the whole simmer slowly. After it has boiled up, and been skimmed, strain it, take off the fat, and season it to the palate. This broth will require four hours.

Pork Broth.

Take two pounds of young pork, cleared from the skin and fat, and boil it in four quarts of water with a turnip, and a little salt; boil it till reduced to two quarts, then strain it off, and set it to stand till cold; take off the fat, and let it settle. This is deemed very excellent for weak constitutions.

Eel Broth.

Clean half a pound of eels, and put them into three pints of water, with some parsley, and a few pepper corns; let the whole simmer till the eels are broken, and the liquor reduced to half the quantity. A little salt must be added, to season the broth. An excellent and nutritious broth may be made in the same way from tench.

Gravy Soup.

Put a shin of beef and a knuckle of veal into a stewpan, with four gallons of water; and when it boils, skim it

clean, then put in four leeks, two heads of celery, a carrot, two turnips, and some sweet herbs; keep on skimming, and let it stew gently for six hours; after which, take it off, and strain it for use.

Another way.

Fry four pounds of lean beef, cut into slices, brown with butter; then fry also in slices a carrot, a turnip, and two onions; pour boiling water into the pan over the meat and roots, and let it boil up quickly. Put three quarts of this into a stewpan, uncovered, and keep it boiling two hours, adding thereto pepper and salt.

Another clear Gravy Soup.

Cut half a pound of ham into slices, and lay them in a large stewpan, or soup pot, with two or three pounds of lean beef, and as much veal; break the bones, and place them on the meat; put in two large onions peeled, and two turnips, cut in slices; a couple of large carrots cut in pieces, and two heads of celery, with three cloves, and a large blade of mace. Having covered the pan close, set it over a good fire, and when the meat begins to stick to the bottom, turn it; and as soon as a brown glaze appears, cover the meat with hot water; watch it carefully, and when it is near boiling, put in half a pint of cold water; then take off the scum, and put in another half pint of cold water; skim again, and so continue till no more scum rises. Then set the pan on one side, to boil gently for about four hours; after which, strain it, but without squeezing, through a tammy or napkin, into a stone pan, there to remain till it is cold; then take off the fat, and decant the clear liquor, in doing which, be mindful not to agitate the vessel so as to disturb the sediment at the bottom. If, after all, the broth should want transparency, put it into a clean stewpan; then break two whites and the shells of eggs in a basin, beat them well together, add them to the soup, which must be set on a brisk fire, and stirred with a whisk till it boils; then set the pan on one side, to settle for a few minutes, run the soup through a fine napkin, and it will be ready for use.

An excellent Gravy Soup.

Wash and soak a leg of beef; break the bone, and set it over the fire, with a gallon of water, add thereto some sweet herbs, two large onions sliced, and fried to a fine brown, but not burnt, two blades of mace, three cloves, twenty berries of allspice, and forty of black pepper. Stew till the soup has acquired a proper richness; then take out the meat which will be good for the table, with some of the gravy. Next day take off the fat, which will serve for ordinary pie crust. Then

cut carrots, turnips, and celery small, and simmer the whole till tender. Boil vermicelli a quarter of an hour; and add to it a large spoonful of soy, and one of mushroom catsup. A French roll made hot, should be put into the soup pot, till it is moist through, and then served up in the tureen.

Knuckle of Veal Soup.

Cut half a pound of bacon or ham into slices about half an inch thick, lay the same at the bottom of a soup-kettle or deep stewpan, and place over that the knuckle of veal, which should be about six pounds, first breaking the bone in two or three places; then add two carrots, two turnips, a head of celery, two large onions, (in one of which should be stuck two or three cloves,) twelve corns of black, and as many of Jamaica pepper, with a good bundle of lemon thyme, winter savory, and parsley. Cover the meat barely with cold water, and set it over a quick fire till it boils; having skimmed it well, remove the kettle on one side of the fire, and let it stew very gently till it is perfectly tender, which will be in about four hours; then take out all the meat, strain the soup, and set it by in a cool place. When wanted, remove the fat from the surface, and decant the liquor into a clean pan. The soup may be thickened by putting three table-spoonsful of the fat into a small stewpan, and mixing it with four table-spoonsful of flour. Pour a ladleful of soup to it, and mix it gradually with the rest, after which, boil it till the whole is smooth. Cut the meat and gristles of the knuckle and bacon into small bits, and warm them in the soup. To make the whole more savoury, add some catsup.

Soup and Bouilli.

Take the leg or shin, or a piece of the middle of a brisket of beef, of about seven or eight pounds weight; lay it on a fish drainer, or, when to be taken up, put a slice under it so that it may be placed on the dish entire; put it into a deep stewpan, with cold water enough to cover it, and a quart additional, set it on a quick fire, to raise the scum, which must be instantly removed; then put in two carrots, two turnips, two large onions or leeks, two heads of celery, two or three cloves, and a bundle of parsley, and sweet herbs; set the pan or pot by the side of the fire to simmer gently, till the meat is tender enough to eat, which will be in about four or five hours. Put a large carrot, a turnip, a large onion, and a head or two of celery whole, into the soup, but take them out again when done enough, and lay them on a dish till they are cold, after which cut them into small square pieces. When the beef is done, take it out, and strain the soup through a sieve into a stewpan, remove the fat, and put the vegetables

that have been cut into the liquor, the flavour of which may be heightened by a table-spoonful of mushroom catsup. If the soup wants thickening, take four large table-spoonsful of the fat from the top of the pan, and four spoonsful of flour, mix them together, and stir them well into the liquor, which must simmer again for ten minutes longer; skim it well, and pass it through a tammis or fine sieve.

Ox Cheek Soup.

After the cheek has been set to soak two hours in cold water, the bones must be broken, and the whole well washed in warm water; then put them into a pot, and cover them with cold water, and as it boils, skim it very clean; next put in a head of celery, two carrots, a turnip, two large onions, twenty-four berries of black pepper, and as many of allspice, with a bundle of sweet herbs; cover the whole up closely, and set the pot on a slow fire, taking care from time to time to remove the scum; after which, set it on one side to stew gently about three hours; take out the head, lay it on a dish, pour the soup through a fine sieve into an earthen or stone pan, and set both in a cool place till the next day; then cut the meat neatly into very small pieces, and strain off the liquor; two quarts of which, with the meat, must be put into a stewpan, and simmered gently for half an hour, when it will be ready. If it is to be thickened, which is far from advisable, put two ounces of butter into a stewpan, and when it is melted, add as much flour as will dry it up; after these are well mixed and browned, pour on the soup, then strain the same through a sieve into a clean pan, and put to it the meat of the cheek; let it stew half an hour longer, and season the whole with cayenne pepper and salt, to which some add a table-spoonful of brandy.

Ox Tail Soup.

Take two tails which have been previously divided at the joints, and lay them to soak in warm water. Next put them into a gallon stewpan, with eight cloves, two or three onions, half a drachm of allspice, and as much black pepper; cover them with cold water; skim it carefully as the scum rises, then cover the pot closely, and set it on the side of the fire to keep gently simmering, till the meat becomes tender, which will take about two hours; but, observe that it is not done too much. When perfectly tender, take out the meat, and after skimming the broth, strain it through a sieve. It may be thickened in the same way as the ox-cheek soup, or you may put two table-spoonsful of the fat that has been taken off the broth into a clean stewpan, with as much flour as will make it into a paste; set it over the fire, and stir the

whole well together, then pour in the broth by degrees to mix it with the thickening; after which it must simmer for half an hour, and when well skimmed and smooth, strain it into a clean stewpan, with the meat, a table-spoonful of mushroom catsup, and a glass of wine, seasoning the whole with salt.

Ox Heel Soup.

Take an heel undressed, or only scalded, and two that have been boiled, as commonly sold at the tripe shops. Cut the meat off these last into small bits, and set it by on a plate; put the trimmings and bones into a stewpan, with three quarts of water, and the unboiled heel cut into quarters; to which add two onions, and two turnips sliced, a couple of carrots, a couple of shalots cut in two, a bunch of savory or lemon thyme, and double the quantity of parsley; set this over or by the side of a slow fire, and keep it closely covered, and simmering gently for seven hours, during which, remove the scum as it rises to the surface. Next strain the liquor through a sieve, and put two ounces of butter into a clean stewpan; when it is melted, stir into it as much flour as will make a stiff paste, adding the soup to it by degrees, give the whole a boil, strain through a sieve, and put in some lemon peel pared thin, with a couple of bay leaves, and the meat of the boiled heels; after which, let the whole simmer for half an hour longer. To this add the juice of a lemon, a glass of wine, and a table-spoonful of mushroom catsup. This soup may be improved by two sets of the giblets of geese or ducks, or a pound of veal cut into small pieces.

Calf's Head Soup.

Wash the head thoroughly, first sprinkling it with salt to take off the slimy matter; then put it into a stewpan with a sufficient quantity of water, adding a bunch of sweet herbs, an onion stuck with cloves, five or six blades of mace, and some pearl barley. When it is tender, put in some stewed celery; season the whole with pepper, pour the soup into a dish, and place the head in the middle.

Hessian Soup and Ragout.

Clean well with salt and water the root of a neat's tongue, and half an ox's head; after which, set them to soak for some time; then stew the whole together in five or six quarts of water, till they are tolerably tender. Set the soup aside to cool, and take off the fat, which will prove serviceable in making meat pies, or for basting. Add to the soup a pint of split peas, or a quart of whole ones, twelve carrots, six turnips, as many potatoes, and onions, a bunch of sweet herbs, and two heads of celery. Simmer the vegetables without the

meat, till they are done so as to pass with the peas in a state of amalgamation through a sieve; in which case the soup itself will be of the consistence of cream. Season it well with pepper, salt, mace, allspice, a clove or two, and some cayenne, all finely pulverized. Should the peas be hard, the soup will require thickening, in which case boil therein a slice of roll, and pass it through a cullender; or you may add a little rice flour, mixing it gradually.

For the ragout, cut the best part of the head, the kernels, and some of the fat of the root of the tongue, into small but thick pieces. Rub them with some of the seasoning just mentioned, while putting them into a quart of soup, that has been set apart for the purpose before the vegetables were added; flour the whole well, and simmer it till it is perfectly tender. Then put in some mushroom and walnut cat-sup, a little soy, a glass of port wine, and a tea-spoonful of made mustard; and boil all together before you serve it up at table. Small eggs and forcemeat balls may be added for company.

Mock Turtle Soup.

Scald a calf's head with the skin on, then saw it open, and take out the brains; tie the head up in a clean cloth, and let it boil for about half an hour, then take it up, strip off the meat from the bones, and cut it into small square pieces, which should be put into cold water to be kept white; then drain the water off, and put the meat into a soup pot, with as much veal stock as will cover it, letting the whole boil gently until quite tender. Put half a pound of butter into a stewpan, adding a few spoonsful of stock to keep it from burning, about half a pound of lean ham cut very small, chopped mushrooms, parsley, shalots, sweet marjoram, lemon and orange thyme, two onions chopped, and some basil; put all these into the stewpan, and set it over a very slow fire to simmer gently for about an hour; when it has been on about fifteen minutes, put half a pint of the best stock to it, and let it simmer again for three-quarters of an hour longer; then put as much flour as will dry up the butter, and keep stirring it over the stove or fire for a few minutes; after which, add thereto as much stock as is sufficient for the quantity of soup that may be wanted; then put in a pint or more of white wine, (Madeira is best,) and let it boil a few minutes, after which rub it through a tammis, and put in the calf's head, with forcemeat balls, and egg balls, that have been previously boiled, with some of the best stock by themselves. Season the soup with cayenne pepper, and some other fine spices pulverized; squeeze two Seville oranges into a basin, and after straining the pips from the juice, add thereto a little sugar, and put it into the soup. Lemon juice is a good substitute for the oranges.

Another way.

Take a calf's head, and when the meat is cut off, break the bones and put them into a stewpan, with some gravy made of beef and veal, and seasoned with fried onions, sweet herbs, mace, and pepper. Then take two or three ox palates, boiled tender enough to blanch, and cut them small; adding thereto a cow-heel cut also into small pieces. Brown some butter, flour, and onion, and pour the gravy on it; then add the meats, prepared as just directed, and stew the whole. Half a pint of sherry, an anchovy, two spoonsful of walnut, and the same quantity of mushroom catsup, should now be added, with chopped herbs and forcemeat balls as in the preceding article.

A third method.

Put into a pan a knuckle of veal, two cow-heels, two onions, a few cloves, some black and white pepper, berries of allspice, mace, and sweet herbs; cover the whole with water, then tie a thick sheet of paper over the pan, and set it in an oven for three hours. When cold, take off the fat gently to prevent breaking it; cut the meat and feet into very small pieces, each about an inch and a half square, and set aside the bones and coarse parts; then put the remainder on to warm, with a table-spoonful of walnut, and another of mushroom catsup, half a pint of sherry or Madeira, a little mushroom powder, and the jelly of the meat. Serve it up with hard eggs, forcemeat balls, a little lemon juice, and a spoonful of soy.

A fourth method.

Stew one pound and a half of the scrag end of a neck of mutton in about three pints of water, till it is reduced to a quart; then set the broth on, with a calf's foot and a cow-heel; cover the pan close, and simmer till the meat separates from the bones easily. Set it on again with the broth, one quarter of a pint of white wine, a large onion, half a tea-spoonful of cayenne, a small piece of lemon peel, two anchovies, some sweet herbs, and a dozen and a half of oysters; cover the whole tight, and let it simmer for three-quarters of an hour. It is to be served up as in the preceding directions. Another cheap mock turtle may be made of two or three cow-heels baked, with two pounds and a half of gravy beef, as before directed.

Mock Mock Turtle.

This is a quaint name given to a supposed improvement of mock turtle, of which, however, it is only one of the varieties easily contrived by those whose business it is to minister to the palate.

Lay at the bottom of a stewpan, an ounce of lean bacon or ham, one pound and a half of lean gravy beef, one cow-heel, the inner part of a carrot, a sprig of lemon thyme, winter savory, more of parsley, some green basil, and two shalots, a large onion stuck with four cloves, eighteen corns of allspice, and as many of black pepper; over all these pour a quarter of a pint of cold water, then cover the pan, and set it on a slow fire to boil gently for a quarter of an hour, during which time, and after, it must be carefully watched, that the meat may not burn. When it has acquired a brown colour, fill the pan with boiling water, and let it simmer gently for two hours. To thicken it, throw two or three table-spoonsful of flour into a ladleful of the gravy, and stir it briskly till it is well mixed; then pour it into the stewpan, and let it simmer gently for half an hour longer; skim and strain it through a tammiss into the stewpan; cut the cow-heel into small square pieces, and squeeze through a sieve the juice of a lemon, to which add a table-spoonful of mushroom catsup, a little salt, some ground black pepper, as much grated nutmeg as will lie on a sixpence, and a glass of Madeira or sherry; then let the whole simmer for five minutes longer.

Portable Soup.

Break the bones of a leg of beef of ten pounds weight, and as fresh killed as possible. Put the pieces into a soup pot; cover them with cold water, and set it on the fire to heat gradually till it comes nearly to a boil, which will be in about an hour, then skim it carefully, as long as any scum rises, afterwards pour in a little cold water to throw up the remaining scum, let it come to a boil again, and renew the skimming. When no more scum comes up, and the broth appears clear, let it boil for eight or ten hours, and then strain it through a hair sieve into a brown stone pan; set the broth where it will cool quickly; put the meat into a sieve, and let it drain. Next day remove every particle of fat from the top of the broth, and pass it through a tammiss or fine sieve, gently, into a stewpan, taking care to prevent any of the settlings at the bottom from escaping; add a quarter of an ounce of whole black pepper to the liquor, let it boil briskly, with the pan uncovered; and if any scum rises, take it off; when it begins to thicken, and is reduced to about a quart, put it into a smaller stewpan; set it over a gentle fire, till it comes to the consistence of a thick syrup; but great care must be taken that it does not burn. Take a little of it out in a spoon, and let it cool; if it settles into a strong jelly, it is done enough, if not, boil it till it does; then have at hand some little pots, about an inch and a half deep, taking care that they are quite dry, and pour the soup into them. It

will keep thus six months, but if you wish to preserve it longer, put it into such bladders as are used for German sausages; or it may be made into cakes by placing pieces of half an ounce or more in small saucers, frequently turning them till they are thoroughly dried, which will take a week or ten days. When they are well hardened, and kept in a dry place, they may be preserved for several years in any climate. If, after lying to dry several days, the soup does not become as hard as you could wish, put it into a stewpan till it is evaporated to a proper consistence; or you may set the pots in a cool oven, or in a cheese toaster at some distance from the fire. This soup is a valuable article in housekeeping, especially in small families, as it saves much time, trouble, and expense.

Another method.

Take a leg of beef, a knuckle of veal, and the shank of a bacon ham; let them be well broken; cut off the meat, and lay them at the bottom of a large pot, which has been first rubbed with some of the marrow; let the whole remain over a slow fire about a quarter of an hour, turning the meat carefully till it be browned, but not burnt; fill up the pot with boiling water, and let it simmer all night, skimming it a little before it comes to a boil. The next morning strain the liquor off, and after removing all the fat, return it to the pan, taking care to keep back the settlings; boil it slowly, until it has acquired a gelatinous consistence, but be careful all the while to take off the scum as it rises. Season with white and cayenne pepper and salt: then have ready some little saucers, fill them better than half full, and set them by till the next morning; turn out the contents on clean paper, and do so often till they are quite dry, when they may be hung up in paper bags for use.

One of these cakes dissolved in hot water will make a good basin of soup at any time, and it will also answer exceedingly well for gravies and sauces, on an emergency.

A third method.

Boil one or two knuckles of veal, as many shins, and three pounds of solid beef, in as much water as will barely cover them. Take out the marrow from the bones, and put into the liquor whatever spice you like, with three large onions. When the meat is done to rags, strain off the liquor, and put it to settle in a very cool place. When the fat is thoroughly congealed on the surface, take it off, and put the soup into a saucepan, and set it over a brisk fire, but be careful that it does not burn. It must boil fast, and uncovered, and be stirred frequently for eight hours; then pour it into a deep china dish, and set it in a stewpan of boiling water on a

stove, and let it boil, stirring it now and then, till the soup becomes thick and ropy, which is a sign that it is done enough. Pour it now into small cups or saucers, or basins reversed, that it may be formed into cakes, and when cold, turn them out on paper to dry. Keep them in tin canisters, and when you want any for use, dissolve them in boiling water. No herbs should be mixed with the soup during the process.

Soup Maigre.

Melt half a pound of butter in a stewpan, shake it round, and while doing so, let six sliced onions be thrown in; then shake the pan well for two or three minutes, and add five heads of celery, two handfuls of spinach, two cabbage lettuces cut small, and some parsley. Shake the pan well for ten minutes more, then put into it two quarts of water, some crusts of bread, a tea-spoonful of beaten pepper, and three or four blades of mace; to which may be added some white beet leaves cut small. Boil the soup gently for an hour, and previously to serving up, beat into it two yolks of eggs and a spoonful of vinegar.

Another way.

Flour and fry a quart of green peas, four onions sliced, the coarse stalks of celery, a carrot, a turnip, and a parsnep; pour thereon three quarts of water, and let it simmer till the whole pulp will pass through a sieve; then boil in it the best part of the celery cut thin.

A Flemish Soup.

Slice six onions, cut six heads of celery into small pieces, and slice twelve potatoes; put one quarter of a pound of butter into a stewpan, with half a pint of water; then set it over the fire to simmer for half an hour; after which, fill up the stewpan with some of your best stock; let the whole boil until the vegetables are dissolved, then rub it through a tammiss, and add to it a pint of boiled cream.

Pea Soup.

To one quart of split peas, put three quarts of broth or cold soft water, or rather the same quantity of the liquor in which salt beef or pork has been boiled, half a pound of lean bacon, roast-beef bones, or four anchovies. If the liquor is too salt, the peas will not boil tender, therefore the best way is, to tie the peas up in a cloth, and boil them first separately in cold water. Put in two heads of celery cut small, with two onions peeled, and a sprig of sweet marjoram, savory, or lemon thyme; set the whole on a trivet, and let it simmer gently over a slow fire for three hours, stirring it every quarter of an hour, to prevent the peas from burning. Slice a head of celery and

half an ounce of onions, fry them with butter, and put them into the soup till it is browned, then work the whole through a coarse sieve or tammiss with a wooden spoon; put it into a clean stewpan, with half a tea-spoonful of ground black pepper, let it boil ten minutes, and as the scum rises skim it off. Cut some toasted bread into small square pieces, and send it up on a plate with the soup; or put half a pound of clean dripping into a frying pan, and when hot fry the bread cut as before, turning it about to prevent its being too brown; then take it up, and lay it on paper to drain the fat, and send it up in one plate, and some dried and powdered herbs in another.

Pea soup may also be made in a frugal and excellent way, by saving the bones of roast beef, and putting them into the liquor in which mutton, beef, pork, or poultry, has been boiled. A hock or shank of ham, a piece of bacon, the root of a tongue, or a good red herring, may also be added thereto; but some prefer rice or vermicelli with the soup.

Green Pea Soup.

Take a peck of peas, and in shelling them, set aside in one basin a pint of the youngest to be boiled separately, and put into the soup when finished. Put a large pan on the fire half full of water; when it boils, put in the peas with a handful of salt; let them boil till done enough, which will be in from twenty to thirty minutes, then drain them in a cullender, and put them into a clean gallon stewpan, with three quarts of veal or mutton broth, that has had no herbs or spices in it; cover the pan close, and set it over a slow fire to stew gently for an hour; add thereto some crumbs of bread, and rub it through a tammiss or sieve into another pan, stir it with a wooden spoon, and if it is too thick, add a little more broth; have ready boiled the pint of young peas, and put them into the soup; season with a little salt and sugar. If the soup is not green enough, pound a handful of the shells of the peas, or some spinach, and squeeze the juice through a strainer into it; to which some leaves of mint may be also added. Some persons slice two cucumbers, and after taking out the seeds, lay them on a cloth to drain; then flour them, fry them to a light brown in a little butter, and put them into the soup just as it is about to be sent to table.

Plain Pea Soup.

Take a quart of green peas, and reserve half a pint of the youngest to be done separately; put them over the fire in boiling water, and when tender, pour the water off to make the soup with; pound all the peas to a mash, then put them into two quarts of the water it was boiled in, stir all well

together, and let it boil up for about five minutes, and then rub it through a hair sieve.

Another method.

Having shelled half a peck of peas, boil the well washed shells, till they are tender, in three quarts of water, with an onion, some pepper, and allspice, a bunch of mint, sweet herbs, and parsley, then strain off the liquor; boil the peas in one quart of water, with a little sugar; and having heated the liquor that was strained, add that to the other. Then chop the parsley and other herbs small, and fry them with four ounces of butter, and a little flour and salt; add them to the soup, with the same quantity of butter rolled in flour; let the whole boil three-quarters of an hour, season to your taste, and serve it up in a tureen, with thin slices of bread slightly dried before the fire, but neither browned nor toasted. French roll will be best.

White Pea Soup.

Put four or five pounds of lean beef into six quarts of water with a little salt; when it boils skim it well, then put in two carrots, three onions, some thyme, and two heads of celery. Then add three quarts of peas, and boil them till the meat is quite tender; strain the soup through a sieve, rubbing the pulp of the peas all the time to extract the virtue. Then take two or three cabbage lettuces, split each into four quarters, and cut them small; put them, with a little shredded mint, a leek sliced thin, and half a pound of butter, into a stewpan. Stew them a quarter of an hour, shaking them often, and having added a little of the soup, stew the whole another quarter of an hour; then put in the remainder of the soup, and as much thick cream as will make it white. Keep on stirring till it boils; fry a French roll in butter till it is crisped, lay it at the bottom of the tureen, and pour the soup over it.

Another way.

To one quart of split peas, two heads of celery, and an onion, put three quarts of broth, or soft water; let them simmer over a slow fire for three hours, stirring the whole carefully and often, to prevent the peas burning; if the liquor evaporates fast, and the soup gets thereby too thick, add some boiling water to it. When the peas are tender, work them through a coarse sieve, and afterwards through a finer one; wash out the stewpan, return the soup into it, and give it another boil, taking care to remove whatever scum may rise, and it is ready. Fried bread and dried mint should be served up with it, in two separate dishes.

Pea Soup and Pickled Pork.

Take two pounds of the belly part of pickled pork; but if it is too salt, let it lie in water the night before it is used. Put on the ingredients as already directed for pea soup, in three quarts of water; boil gently two hours, then put in the pork, and continue boiling gently till it is done enough, which will be in about an hour and a half, or two hours. When done, wash the meat clean in hot water, serve it up in a dish by itself, and the soup in a tureen.

A rich Pea Soup.

The basis of this should be the second drawing of any of the superior soups; then take a pound of split peas, sift and wash them, tie them in a cloth, but not too tight, that they may have room to swell, and let them boil an hour; but be sure to put a plate in the pan to keep the cloth from the bottom. When the peas are done enough, turn them out into a bowl, bruise them well, and break them with a ladleful of the soup, adding more to it by degrees, till the whole is thoroughly mixed; return it into the pan, then grate one or two large carrots, slice an onion small, take a handful of spinach, pare and slice two potatoes, put these in, and a small piece of bacon or ham, and let the whole boil for half an hour. Season with pepper and salt to your taste, then strain through a sieve, working the pulp of the peas with a wooden spoon; return the soup to the pan, let it boil, and serve it up, with a little dry mint thrown into it to give it a flavour.

Asparagus Soup.

Cut a knuckle of veal small, put the meat into a stewpan with a pint and a half of whole white peas, three or four turnips, two lettuces, a small onion, a head or two of celery, and some lean ham. Add three quarts of soft water, and stew the whole till the juices are all extracted from the meat, and the pease are quite tender. Take out the veal and ham, strain off the soup, and having pulped the peas and other vegetables through a sieve, put the same into the soup with the green part of a bundle of asparagus cut very small, and add thereto some mint chopped fine. Stew all these till the asparagus is tender, taking care not to keep it so long over the fire as to spoil the colour. If the soup wants thickening, put in a little flour mixed smooth with some water, or a spoonful or two of ground rice, along with the asparagus. A little spinach juice, extracted by pounding the raw leaves, may be added to give it a deeper green; but this must be done after the soup is taken off the fire.

Another method is, by taking the points of asparagus, and

treating them in the same manner as green pease for soup; let half the asparagus be rubbed through a sieve, and the other cut into pieces of about an inch in length, boiled tender, and sent up with the soup. To make two quarts, there must be a pint of asparagus heads, to thicken it, and half a pint more cut in; but care should be taken to keep them green and crisp. Some fry half an ounce of onion in butter, and rub it through a sieve, to give the soup a high flavour, but it only overcomes the delicacy of the asparagus.

A White Soup.

Take a scrag of mutton, a knuckle of veal, from which last some collops should be previously cut off, two or three shank bones of mutton, well cleaned, and about a quarter of a pound of lean gammon of bacon, with some sweet herbs, a piece of lemon peel, two or three onions, three blades of mace, and a small spoonful of white pepper; boil the whole of these together in three quarts of water, till the meat separates from the bones. The next day take off the fat, and having cleared the jelly from the settlings, put it into a saucepan. Should macaroni be added, it must be put in soon enough to become perfectly tender, after having been soaked in cold water. Vermicelli may also be put in after the thickening, which last is thus made: blanch a quarter of a pound of sweet almonds, and beat them to a paste in a marble mortar, with a spoonful of water; then mince a slice of ready dressed veal or fowl, and beat the sauce with a piece of stale white bread; then add to all this a pint of thick cream, some lemon peel, and a blade of mace powdered. Boil the whole a few minutes, and add thereto a pint of soup; after which, strain and pulp the same through a coarse sieve. The thickening will then be fit to put to the soup, which should again boil for half an hour. Another white soup of a more simple quality may be made of a small knuckle, with seasoning similar to that here directed, and both served together with the addition of a pint of milk; or it may be thickened with two spoonsful of cream and some ground rice.

Another excellent White Soup.

Take a knuckle of veal, and break the bone in pieces, set it over the fire with a gallon of water, an old fowl, a quarter of a pound of lean ham, two onions, a head of celery, and two blades of mace; let the whole boil till the liquor is reduced to one half; then take out the fowl, and pick all the meat off the breast, beat it in a marble mortar, and rub it through a hair sieve, with a little of the broth. Then take a quarter of a pound of sweet almonds, beat the same with a little cream to keep them from oiling; boil this in the broth, and season it with salt, and a little cayenne pepper; let it boil for

quarter of an hour, and then strain it through a cloth; add half a pint of thick cream beaten up with the yolks of three fresh eggs. The soup must be scalding hot when it is added; after which, put in the beshemel, as the breast of the fowl in its present state is named, and stir the whole well into the soup with the eggs and cream. If it boils, it will curdle. A little green walnut catsup will give it a deeper yellow colour if it is wanted.

Another excellent Soup.

Put a scrag or knuckle of veal, some slices of gammon of bacon, onions, and mace, into a small quantity of water; simmer till it becomes very strong; and then cover it with good clear beef broth, that has been made the day before, and stewed till the meat is boiled to rags. Add thereto cream, vermicelli, and almonds, with a roll, according to the directions already given.

Scotch Soup, or Winter Hotch Potch.

Cut the best end of a neck or loin of mutton into chops, slice four carrots, and as many turnips, half of which put into four quarts of water, together with one whole carrot, and a whole turnip; add a pound of dried peas, that have been previously soaked for twelve or fourteen hours; let the whole boil two hours, then take out the entire carrot and turnip, bruise and put them in again, together with the meat and the other vegetables, some pepper and salt, then boil slowly three-quarters of an hour, and a short time before serving up, add an onion cut small, and a head of celery.

Another way.

Take a piece of beef, fat and lean together, about a pound of veal, and one pound of scrag of mutton, cut them all into small pieces, and set them on the fire, with two quarts of water, then take an ounce of barley, an onion, a small bundle of sweet herbs, three or four heads of celery washed clean and cut small, and tie the whole with some pepper in a muslin bag; after which, put to the meat three turnips pared, two large carrots scraped, and cut into six pieces, with a little lettuce cut small; cover the pot close, and let it stew softly over a slow fire five or six hours; then take out the bag, and pour the soup into a dish, season it with salt, and send it to table. Half a pint of green peas, if in season, will make the soup still more palatable.

Another method.

Have some gravy soup ready; cut three or four turnips into small squares, and the red parts of two carrots into slips about an inch in length, the hearts of two or three lettuces

cut small, and a few young onions; put the whole on a slow fire, with a piece of butter in a pan, and let them stew till they are tender; drain them from the butter, and add them to the boiling soup; then take a quart of green peas, if in season, with a little minced parsley, and add them to the rest; next take five or six chops of lamb, mutton, or veal; flour and fry them with an onion shred small, till they are of a nice brown; and let the whole stew together for half an hour, and season to your palate.

Rump Soup.

Take a good fresh-killed shin of beef, cut off all the fleshy pieces; one pound of lean ham, two of veal, and put the whole into a large stewpan, set it over a slow fire, let it brown, but not burn; in the mean time, take the remainder of the beef, put it into a large soup pot, filled up with water, and before it boils, add the meat in the stewpan to it. When it boils take off the scum, then add six onions, one ounce of black pepper, a bundle of thyme, a little winter savory, and let the whole stew till the soup is rich and good; then take two ox tails, cut them into pieces about two inches in length, and fry them in butter till they are nicely browned. Then strain and skim the soup, return it into a clean pot, and let it boil till it is rich and fine. Put one quarter of a pound of rice into water, and let it swell, then drain it, and add it to the soup, and boil the whole together for ten minutes. Season to your taste, with white pepper, cayenne, and salt. The rumps must be stewed till they are tender, with a handful of onions shredded before they are fried, and then served up with the soup.

Vermicelli Soup.

Put two ounces of vermicelli into three quarts of veal gravy or stock, then rub it through a tammy, season it with salt, let it boil, and skim it well. Beat the yolks of four eggs, mix them with half a pint of cream, and stir the whole gradually into the soup, which must be set to simmer for a few minutes, and it will then be fit to serve up. Some of the vermicelli may be reserved to add to the soup, if it is wanted.

Another way.

Take a knuckle of veal and a scrag of mutton, from both of which cut the flesh into small pieces, and mix them with five or six thin slices of lean ham. Put into the bottom of the stewpan about four ounces of butter, and then the meat, adding three or four blades of mace, two or three carrots, two parsneps, two large onions with cloves stuck in each, four or five heads of celery washed clean and cut in two, some sweet herbs, eight or ten morels, and an anchovy. Cover the whole closely, and set the pan over a slow fire, without any

water, till the gravy has been extracted, and when that is done, pour it out into a pot or basin; then let the meat brown, without burning, and put in four quarts of water. Let the whole boil gently till it is reduced to three pints, then strain it, and mix with the gravy that was drawn from the meat. Set this again on the fire, and add two ounces of vermicelli, one head of celery cut small, cayenne pepper and salt, and let the whole boil about six minutes. Lastly, lay a small French roll in the dish, pour the soup upon it, strew some vermicelli over the whole, and serve it to table.

Sorrel Soup.

Make a good gravy with part of a knuckle of veal, and the scrag end of a neck, or the chump of a loin of mutton. Season it with a bunch of sweet herbs, some pepper, salt, and two or three cloves. When the meat is stewed sufficiently, strain the soup off, and let it stand till it is cold. After it is cleared from the fat, put it into a stewpan, with a young fowl, trussed, and set it over a slow fire. Wash three or four large handfuls of sorrel, chop it a little, fry it in butter, put it into the soup, and let the whole stew till the fowl is well done. Skim the soup clean, and serve it up with the fowl.

Giblet Soup.

Scald and pick clean two sets of goose or four of duck giblets, wash them well in warm water, changed two or three times; then cut off the tops of the beaks, split the heads, and divide the gizzards and necks into very small pieces; crack the bones of the legs, put them into a stewpan, covered with cold water, and when they boil, take off the scum; then put in a bundle of sweet herbs, some parsley, twenty berries of allspice, and the same quantity of black pepper; tie all this up in a muslin bag, and set it to stew gently till the gizzards are tender, which will be in about an hour and a half or two hours, according to the size and age of the giblets; take them up with a skimmer, put them into the tureen, and cover it close, till the soup is ready. To thicken this, melt an ounce and a half of butter in a stewpan, stirring therein as much flour as will make it into a paste; then pour to it gradually a ladleful of the soup, adding the remainder also by degrees, and let it boil about ten minutes, continually stirring it, to prevent its burning; then skim and strain it through a fine sieve into a basin; wash out the stewpan, and return the soup into it, seasoning the same with a glass of white wine, a table-spoonful of mushroom catsup, and a little salt; let it have one boil, and then put in the giblets, and the soup is ready. The heads of fowls and turkeys will also make a good soup, in a similar way.

Another method.

Take three or four sets of goose or duck giblets, the fresher the better, set them to stew, with one or two pounds of gravy beef, a scrag of mutton, or the bone of a shank of veal, an ox tail, or some shanks of mutton, with three onions, a bundle of sweet herbs, a tea-spoonful of white pepper, and a spoonful of salt. Put into a pan five pints of water, and simmer the gizzards, each of which being cut into four pieces, till they are quite tender; skim it well, and add a quarter of a pint of cream, two tea-spoonsful of mushroom powder, and an ounce of butter mixed with a small spoonful of flour. Let this boil a few minutes, and serve it with the giblets. Instead of the cream, you may put in two glasses of white wine, a large spoonful of catsup, and some cayenne pepper. Add some salt, on serving up the soup in the tureen.

Another way.

Make a good gravy with beef, mutton, or veal; and turnips, carrots, parsneps, leeks, or onions, and sweet herbs, stewed till the gravy is quite extracted from the meat. Strain it off, and to every quart of gravy, put a set of goose giblets. Stew these till they are quite tender, and when about half done, put in a small carrot, and a turnip cut square, or a quart of young peas, and a lettuce cut small, according to the season. Add cayenne pepper and salt, to the soup, which must be served up with the giblets in it.

A Partridge Soup.

Take off the legs, with the whole of the back-bone, or as many partridges as you shall have occasion for. Skin the breasts and wings without separating them, remove what fat there may be upon them, and let them lie in cold water about half an hour. Pound the flesh of the other parts in a marble mortar, with two anchovies, then put the same into a stewpan, with sufficient veal to make good gravy, in proportion to the number of partridges, adding to it the bones from which the flesh has been taken, an onion stuck with three or four cloves, some celery, and turnips cut small, the soft part of a roll grated, and water enough to cover the rest of the ingredients. Stew all these till the juices are extracted, as well from the meat as the vegetables, then strain it through a sieve, and skim off the fat. Put this soup into a stewpan, with the white meat of the birds, and stew it for half an hour. Thicken it ten minutes before serving, with some flour and cream. Season with salt, and white pepper, and it is ready for the table.

Another way

Take two old partridges, skin them, and cut them in pieces

then take three or four slices of ham, a little celery, and three large onions sliced, and fry the whole in butter till brown; after which, put the same into a stewpan, with five pints of boiling water, a few pepper corns, a shank or two of mutton, and some salt. Stew gently two hours; then strain through a sieve, and put it again into the pan, with some shredded celery, and fried bread. When it is on the point of boiling, skim it, pour it into a tureen, and send it up hot to table.

Hare Soup.

Take a large hare, cut in pieces, and put them into an earthen vessel, with three blades of mace, two large onions, a little salt, a red herring, six large morels, a pint of port wine, and three quarts of water. Bake the whole three hours in a quick oven, and then strain off the liquor into a stewpan. Previous to this, boil four ounces of French barley, and put it into the liquor; scald the liver, and rub it through a sieve with a wooden spoon; put it into the soup, and set it over the fire. Keep it stirring till it is about to boil, and then take it off immediately. Put some crisped bread into the tureen, and pour the soup into it.

Another way.

Take an old hare, cut it in pieces, and put thereto one pound and a half of lean beef, two or three shank bones of mutton, a slice of lean bacon or ham, one onion, and a bunch of sweet herbs; over which pour two quarts of boiling water; cover the jug into which these are put with bladder and paper, and set it in a kettle of water; simmer till the hare is stewed to pieces; strain off the liquor, and give it one boil, with an anchovy cut small; adding a spoonful of soy, a little cayenne, and salt. A few forcemeat balls fried brown, should be served in the tureen.

A third method.

Wash a large hare, cut it in pieces, laying aside two or three of the choicest parts of the back and the fleshy joint of the legs. Put the remainder into a kettle with a knuckle of veal, a bunch of sweet herbs, some salt, and five quarts of water; stew these for three or four hours, and then strain off the gravy. Put it into a pan, with the pieces of the hare which were left out, and stew gently till they are done. Thicken with flour and butter, and some forcemeat balls, adding, before serving up, half a pint of port or Madeira wine. The pieces of the hare may be fried just brown in butter before they are put into the soup to stew. A large old rabbit may be substituted very well instead of a hare.

Game Soup.

A very good soup may be made in the season by taking all the breasts of any cold birds which have been left after dinner the preceding day. First pound the meat in a marble mortar; then break the legs and other bones in pieces, and boil them in some broth for an hour; do the same with six turnips, mash them, and strain them through a tammiss, with the meat that has been pounded. Strain off the broth in the same manner, then put it into the soup kettle near the fire, but do not let it boil; and when ready, have six yolks of eggs, mixed with half a pint of cream; strain this through a sieve, put the soup on the fire, and as it is about to boil, add thereto the prepared eggs and cream, stirring the same well with a wooden spoon. Be careful not to let it boil, otherwise it will curdle.

Pigeon Soup.

Cut six pigeons into quarters, rub them over with flour, fry them of a light brown; then take some good brown soup, and put the whole into a clean pan; stew till tender, and season with pepper and mace, then serve it up to table.

Soup à la Reine.

Cover the bottom of a stewpan, that will hold four quarts, with slices of lean ham; then cut up one fowl, a few slices of veal, and add thereto a bundle of thyme and parsley, six onions, a few blades of mace, and about half a pint of water; put this over a slow fire for an hour, taking care that it does not catch at the bottom; when drawn down, fill the pan with some best veal stock, and let it boil gently for an hour; then take out the veal and fowl, strip the latter from the bones, and put the flesh and veal into a mortar, with two ounces of sweet almonds, and pound the whole sufficiently fine to pass through the tammiss; when beaten fine enough, put it into a small soup pot, that will hold about three quarts, and add thereto two quarts of the soup that the meat was boiled in; then crumble therein three French rolls; let it boil for one hour, rub it through a tammiss, and add about one pint of cream that has been previously boiled; put it into a soup pot, which must be placed in a stewpan of hot water, and set by the fire to boil gently. Cut the crust of the rolls into very small pieces, and put them into the tureen before the soup.

Mullogatawney Soup.

Take a knuckle of veal, a slice or two of bacon ham, some whole pepper, a few sliced onions, and a little mace; put the whole into a pot, and let it stew for half an hour; and as it sinks, fill it up with boiling water; let it continue to boil, stir-

ring it well till the soup is rich. Then put a piece of butter into a stewpan; and when it froths, sprinkle thereon a handful of flour, stew it till it is smooth, and add the soup to it; let it come to a boiling, and strain it off. Mix up three large spoonsful of curry powder with a little cream; strain this into the soup, and let the whole boil together till it is smooth and good to the taste. Next take a young fowl, or two small chickens; and having skinned and cut them into little pieces; fry them with three onions shred small in butter, which must be drained off before the meat of the fowl is added to the soup, and then let the whole boil together. Rice must be served up in a separate dish.

A Transparent Soup.

Take a leg of veal, and after cutting off the flesh as thin as possible, break the bone in small pieces, put the meat into a large jug, with the fragments of bone at the top, and a bunch of sweet herbs, one quarter of an ounce of mace, half a pound of sweet almonds blanch'd and beaten fine, pour thereon four quarts of boiling water, set it over a slow fire, and let it stand to settle all night; the next day remove it into a stewpan, and let it simmer till it is reduced to two quarts; but be careful in taking off the scum and fat as it rises, all the time it is boiling; strain it into a large basin, and let it stand for two hours to settle, then pour it into a clean stewpan, clear from the sediment; and before serving up, add to it three ounces of boiled rice, or two ounces of vermicelli.

Soup à la Sap.

Boil half a pound of grated potatoes, one pound of beef in thin steaks, one pint of gray peas, one onion, and three ounces of rice, in six pints of water, which must be reduced to five; then strain it through a cullender; pulp the peas into it, and return it into a stewpan, with two heads of celery sliced. Stew the whole tenderly, and add thereto pepper and salt; serve it up with fried bread.

Soup Maigre Anglois, or Broth without Meat.

Boil a small quantity of catsup in a very thin gruel, with a few stewed leaves of parsley, and a little salt. An ingenious cook is said to have imposed this upon a whole family as mutton broth.

A Potato Soup.

Cut one pound and a half of gravy beef into thin slices, chop a pound of potatoes, and also an onion or two, and put the whole into a kettle with three quarts of water, half a pint of grey peas, and two ounces of rice. Stew them till the gravy is quite drawn from the meat; strain it off, take out

the beef, and pulp the other ingredients through a sieve. Add this to the soup, then cut in two or three roots of celery, simmer in a clean pan, till it is tender; season with pepper and salt, and serve it up with fried bread, cut into squares, and put into the tureen.

A Family Soup.

Wash the roots of a tongue in cold water and salt, then put the same into a stewpan, with a scrag of mutton, or other odd pieces of meat, some turnips, carrots, onions, parsneps, and celery. Add water in proportion, and let it stew slowly for some hours, till the juices are extracted from the meat. Strain off the soup, and let it stand till cold. The kernels and soft parts of the tongue and also the carrots must be saved. When the soup is to be used, take off the fat, put in the reserved parts of the tongue, slice the carrots, and add some fresh turnips, and onions cut small, a few spoonsful of rice, half boiled, or some oatmeal, and pepper and salt to the taste. Stew the whole till the fresh vegetables are tender, and then serve it up with toasted bread.

The Marquis's White Soup.

Who the nobleman was to whom the world is indebted for this dish, we are not informed; but it is plain that he had a refined taste. To a large knuckle of veal, add a good sized fowl, a slice of lean Westphalia ham, three anchovies, two turnips, one parsnep, two roots of celery, four onions, one bunch of sweet herbs, and a blade of mace. Stew these in a gallon of water, till all the gravy is extracted from the meats, then strain off the soup, and let it stand till the next day. Pour a pint of boiling milk upon the soft part of a French roll, blanch six ounces of sweet almonds, and put each when done into rose water; then beat them very fine in a marble mortar, with the yolks of six eggs boiled hard. Stir these into the bread and milk, and rub them all together through a tammy, then put them into the soup, after clearing it from the fat, and heat it over a slow fire. About four minutes before taking it off, season it to the taste with salt and cayenne pepper, pour in half a pint of fine rich cream, stir the soup till it becomes of a proper thickness, and then serve it up with a French roll, which should be put in five minutes before hand.

Curry Soup.

Take a large fowl, or two chickens, and cut them into joints; mince two large onions, and fry them with the fowl in a little fresh butter in a stewpan. Have the soup ready, and fill up the pan sufficiently for a tureen; mix two table-spoonsful of curry, and two of flour, with a little cold soup; add to it the other soup with some cold rice, and let all stew together till

the fowl is tender; then season with salt, white pepper, and cayenne. The fowl should be served up with the soup.

Oyster Soup.

Prepare a good gravy of skate and eels, or any other fish, putting a pound of each to one quart of water, and stewing it down to half the quantity, after which it must be strained off. Then take a quarter of a peck of oysters, trim off the beards, and pound the horny part in a marble mortar, with twelve yolks of eggs boiled hard, moistening them in the doing with some of the gravy. Set as much of the stock or gravy as will be wanted, with the soft part of the oysters in it, over the fire with a blade of mace. When it boils, stir in the pounded ingredients, let the whole boil till it is of a moderate thickness, season it with pepper and salt, and serve it up.

Another way.

Prepare a gravy with perch, flounders, or small cod, and an eel; cut the fish in pieces, and put them into a stewpan, with the water, a parsley root, two onions, a root or two of celery, some sweet herbs, a little mace, cloves, pepper, and salt. Stew the whole about two hours, then strain off the gravy, and put it into a saucepan. Take a good quantity of oysters, first bearding them, then beat them in a marble mortar, with the yolks of eight eggs boiled hard. Add all these to the gravy when it boils, with some pepper, salt, and grated nutmeg. When sufficiently thick, take it off, and serve it up. Veal gravy may be used for this soup instead of fish stock.

Oystermouth Soup.

Put into some good mutton broth, two large onions, three blades of mace, and some black pepper; when strained, pour it on a hundred and a half of oysters bearded, and a piece of butter rolled in flour. Simmer gently for a quarter of an hour, and it will be done.

Lobster Soup.

Boil three lively young hen lobsters, and when they are cold, split the tails, take out the fish, break the claws, and cut the meat into morsels; take out the coral, and soft part of the body, bruise part of the former in a mortar, pick out the fleshy part from the chines, beat part of it with the coral, and with it make forcemeat balls, flavoured with mace and nutmeg, adding thereto some grated lemon peel, anchovy, or cayenne pepper; all which must be pounded with the yolk of an egg. Bruise the small legs and chine, and put them into three quarts of veal broth, which must boil twenty minutes; then strain it; and to thicken it, take the live spawn, and

bruise it in a mortar, with some butter and flour, rub it through a sieve, and add it to the soup with the meat, and the remaining coral; let the whole simmer gently ten minutes, but do not let it boil, or its fine red colour will be lost. When turned into the tureen, add the juice of a lemon, and some essence of anchovy.

Another way.

Take out the meat from the claws, bodies, and tails of six small lobsters; remove the brown fur and bag in the head; beat the fins, chine, and small claws in a mortar; boil it gently in two quarts of water, with the crumb of a French roll, some white pepper, salt, two anchovies, a large onion, some sweet herbs, and a little piece of lemon peel grated, till the goodness of the whole is extracted. Then strain it off; beat the spawn in a mortar, with a little butter, a quarter of a nutmeg, and a tea-spoonful of flour; to which add a quart of cream. Cut the tails in pieces, and boil them with the cream and soup. Serve it up with forcemeat balls made of the residue of the lobsters, mace, pepper, salt, some crumbs of bread, and one or two eggs: the balls should be made up with flour, and heated in the soup.

Crayfish or Prawn Soup.

Take flounders, eels, gudgeons, or any small fish, and set them on to boil in cold water; when it is near upon boiling, skim it, and to three quarts of water put two onions, as many carrots cut in pieces, some parsley, and twelve berries of black and Jamaica pepper. Take off the small claws and shells of the tails of about one hundred crayfish, pound them fine, and boil them with the broth about an hour; strain the whole off, and add some crusts of bread to thicken it; then take the spawn of a lobster, pound it in a mortar, and put it to the soup; let it simmer gently two minutes; put in the crayfish to get hot, and the soup may be served up.

Another method.

Boil in as much water as will cover them, six whittings, and a large eel, to which may be added half of a thornback, all well cleaned; skim the liquor frequently, and when clear, put in some whole pepper, mace, ginger, parsley, an onion, a little thyme, and three cloves. Boil the whole to a mash. Pick about fifty crayfish, or, instead of them, one hundred prawns; boil them with a little water, vinegar, salt, and herbs; and on taking them out, pound the shells with a small roll; then pour the liquor over the shells in a sieve; adding the other soup clear from the sediment. Chop a lobster in pieces, and add this to the rest, with one quart of good beef

gravy; and also the tails of the crayfish or prawns, and some flour and butter. Season to the taste, and serve it up.

Eel Soup.

To two quarts of water, put three pounds of small eels, a crust of bread, three blades of mace, some whole pepper, one onion, a piece of carrot, and some sweet herbs; cover the whole close, and stew it till the fish is broken, and then strain it off. Toast some bread, cut it into small squares, and pour the soup on it in a boiling state. A quarter of a pint of rich cream may be added, with a tea-spoonful of flour rubbed smooth in it.

Another way.

Put two ounces of butter into a stewpan; and when it is melted, add two middling-sized onions, cut in half; stir them till they are lightly browned; cut in pieces three pounds of unskinned eels, put them into the pan, and shake them over the fire for five minutes; then pour in three quarts of boiling water, and when it comes to a boil, take off the scum, and put in a quarter of an ounce of the green leaves of winter savory, as much of lemon thyme, and twice the quantity of parsley, two drachms of allspice, and as many of black pepper, cover all close, and let it boil gently for two hours, then strain it off, and skim it very clean. To thicken it, put three ounces of butter into a clean stewpan; and when it is melted, stir in as much flour as will give it the consistence of paste, then add the liquor gradually, and let it simmer ten minutes; next pass it through a sieve; put the soup on in a clean stewpan, and add thereto, about ten minutes before serving up, some small pieces of eels, soles, plaice, or skate, fried brown. Force meat balls may be sent up with the soup.

Flounder Soup.

Take twelve middling-sized flounders, clean them well, and boil them in as much water as will fill a tureen of a moderate size; add thereto a whole onion, some thyme, basil, parsley, and horseradish, whole white pepper, and a little salt; boil the whole till dissolved. Cut a small stale loaf into thin slices, and dip them into the yolks of eggs; put a piece of fresh butter into a stewpan, and fry the bread on both sides of a pale brown; strain the soup, add it to the bread, and let it boil half an hour; and in the mean time, have ready a stewpan of boiling dripping, then take six of the smallest flounders, dip them first into the yolks of eggs, and next in bread crumbs; fry them in the dripping till sufficiently done; lay them on the back of a sieve to drain, after which strain off the soup, and dish it up with the flounders, and some pieces of fried bread.

Leek Soup, commonly called Cock-a-Leeky.

Truss an old fowl in the same manner as for boiling; put it into a pot, with a piece of lean beef, unless you have some gravy soup, and then the beef may be omitted. Stew it till nearly tender; then take two dozen of leeks, cut off the white part with a little of the green, about an inch in length; and add them to the soup, with a little spinach and parsley. Stew the whole till it is rich and good; and season with pepper and salt. Some persons stew it with half a pound of French prunes. Serve it up with the fowl in the tureen.

Another Leek Soup.

Prepare a sheep's head, by cleaning the skin, or taking it off, according to fancy. Split the head in two, and put it, after taking out the brains, into a kettle, with a proportionable quantity of water, a sufficient number of leeks cut small, and some pepper and salt, and stew the whole very slowly three hours. Mix as much oatmeal as will make the liquor thick and smooth, with cold water, pour the same into the soup, and continue stewing till the whole is well done, and ready for the table.

Macaroni Soup.

Prepare a tureen of good gravy soup, as already directed under that head; stew half a pound of Naples or pipe macaroni in water till it is tender, then strain it off, and cut it into lengths of about an inch each; add to it the liquor, which when it comes to a boil, will be ready for the table.

Another way.

Boil a pound of good macaroni in one quart of gravy stock till it is perfectly tender; then take out one half, and put it into another stewpan. To the residue put some more stock, and boil it till the macaroni in pulp can pass through a fine sieve; then mix this with the two liquors, a pint of cream boiling hot, the macaroni that was first taken out, and half a pound of grated Parmesan cheese; and heat the whole, but without boiling. Before serving it up, add the crust of a French roll cut very small.

Another way.

Prepare a tureen of gravy stock, stew half a pound of the best pipe macaroni in water till it is tender; strain it, and grate over it a quarter of a pound of Parmesan cheese; but if you have none, good old Cheshire will do. Pour the boiling soup on it; return it to the pan, and let it boil slowly for half an hour; then beat up the yolks of six eggs with two spoonsful of cream, and put the same into the tureen just before serving it up.

Another method.

Put a knuckle of veal, one pound of lean bacon ham and two pounds of beef, cut into pieces, into a large pan, with half an ounce of whole white pepper, a little mace, and one or two onions; shut it close, and set it on a slow fire to stew till it has a considerable quantity of juice, and then fill it up with boiling water; let it continue to boil slowly till the soup is rich; then take half a pound of the best macaroni, boil it in a considerable quantity of water till it is quite tender; strain it, and cut it in lengths of about half an inch each. Take two ounces of arrow-root, break it with a little cold milk, as in making starch; strain and skim the soup, and then add the root to it, after which, strain the whole into a clean vessel; bruise the yolks of six hard eggs into a basin with a little cold cream, then add some good cream to it, with two ounces of grated Parmesan or Cheshire cheese; put in the macaroni and cream, bring the soup to a boil, and it is fit for table.

A Rice Soup.

Pick, wash, and parboil two ounces of whole rice; drain it perfectly dry, then put it into five pints of clear veal gravy, and stew the whole gently till the rice is completely soft. Season it to the palate with salt and pepper.

Another method is this:—Put a pound of rice and a little cinnamon into two quarts of water; cover the pan close, and let it simmer gently till the rice is tender; then take out the spice, and sweeten the soup to your taste, grate into it half a nutmeg, and let it stand till cold. Next beat up the yolks of three eggs, with half a pint of white wine; mix them well, and stir the whole into the rice; after which, set the pan over a slow fire, and keep stirring it all the time, to prevent its curdling. When it is sufficiently thick, and boils, take it up, and keep stirring it till it is ready.

Milk Soup.

Boil a pint of milk with a little salt, to which some sugar may be added. Lay some slices of bread in a dish, which pour a little of the boiled milk over, and keep it hot upon the stove or on the fire, taking care that it does not burn. Then beat up the yolks of five or six eggs, add them to the milk, and stir the whole over the fire till it thickens, when it must be removed quickly to prevent its curdling. Instead of eggs, some put a dozen onions, that have been scalded, and pressed through butter, into the milk.

White Onion Soup.

Stew over a gentle fire four or five large onions chopped small, in two quarts of broth; then slice a French roll, and

put one half into the broth, and the rest at the bottom of the dish; beat up the yolks of four eggs with half a pint of cream, and stir the whole well, to prevent the soup from curdling. When the eggs are incorporated thoroughly, pour the whole over the roll in the soup dish, and serve it up garnished with small boiled onions. This is a very wholesome food for invalids.

Another method.

Take three large onions, boil them in four quarts of water, with a knuckle of veal, a blade of mace, and some whole white pepper. When the onions are soft enough, take them up, and rub them through a hair sieve, and work a quarter of a pound of butter with flour to them. After the meat has boiled sufficiently long to allow it to part freely from the bone, strain the liquor to the onions, and boil the same gently a quarter of an hour, stirring it well all the while. Before putting it into the tureen, add to it a quarter of a pint of cream, and a little salt.

Brown Onion Soup.

Peel and cut six large Spanish onions, fry them in butter, till they are browned and very tender; then take them out, and lay them on a sieve to drain; then put them into a pot with five quarts of boiling water; let them boil an hour, and stir them often; add pepper and salt to your taste; rub the crumbs of a roll through a cullender, put it to the soup, stir it well to keep it from being lumpy, and boil it two hours longer. Ten minutes before sending it up, beat the yolks of two eggs with two spoonsful of vinegar, and a little of the soup, which must be added by degrees, and kept stirring all the time one way.

Carrot Soup.

To two quarts of strong beef broth, with a little pepper and salt in it, add a bunch of turnips, two heads of celery, two or three leeks, and a large onion, put the whole into a stewpan, with a small piece of butter, cover it closely, and when it has simmered long enough for the liquor to be drawn down pretty much, pour in a little more broth, and stew till the vegetables are quite tender; then take two large carrots that have been boiled by themselves, beat them in a mortar, and rub them through a sieve; next add the broth, and strain the whole through another sieve. This soup should be of a bright yellow colour.

A second way.

Scrape half a dozen large carrots, peel off the red part, and put it into a gallon stewpan, with one head of celery, and an onion cut into slices; take two quarts of beef, veal, or mut-

ton broth, or if you have any cold beef bones, or the liquor in which beef or mutton has been boiled, you may make a very good article for the soup. Pour this over the vegetables, cover the pan close, and set it on a slow fire or stove for two hours and a half, in which time the carrots will be soft enough; boil the soup for two or three minutes, rub it through a sieve with a wooden spoon, and add as much broth as will give it a proper consistence; pour it into a clean stewpan, make it hot, season it with a little salt, and serve it up with toasted bread cut into squares.

Turnip Soup.

Cut all the meat off from a knuckle of veal, that can be made into cutlets, and set the remainder on to stew with an onion, a bunch of sweet herbs, a blade of mace, and five pints of water; cover it close, and let it simmer on a slow fire four or five hours. Strain it off, and set it by till the next day, then remove the fat and sediment, and simmer the liquor again with turnips cut small, till they are tender, seasoning the soup with salt and pepper. Previous to serving up, rub down half a pint of cream, and a piece of butter of the size of a walnut, with half a spoonful of flour. Set a roll to simmer in the soup till it is soaked through, and serve this with it. It must be as thick as middling cream.

Spanish Soup

Take two handfuls of spinach, a turnip, two onions, a head of celery, two carrots, and a little thyme and parsley. Put all these into a stewpan with a little butter and a pint of broth, or the liquor in which meat has been boiled; stew the whole till the vegetables are tender, work them through a sieve with a wooden spoon, then add to the pulp and liquor, a quart of fresh water, pepper and salt, and boil the whole together. Make some suet dumplings very small, and put them into the tureen before the soup.

Celery Soup.

Split six heads of celery into slips of about two inches in length, wash and lay them on a hair sieve to drain; after which, put them into a gallon stewpot with three quarts of a clear gravy soup; set it by the fire to stew gently till the celery is tender, which will be in about an hour, and if any scum rises, take it off; and season with a little salt. When celery cannot be had, take half a drachm of the seed, pound it fine, and put it into the soup about a quarter of an hour before it is done. This is, in fact, the essence of celery, and will give as much flavour to half a gallon of soup, as two heads of the plant.

Vegetable Soup.

Put three ounces of butter into a gallon stewpan, and while it is melting, have ready four ounces of onion cut in small pieces, one turnip, and one head of celery, which must be put into the pan; cover it close, and let the whole fry till browned, which will be in about twenty-five minutes; then put a pint of peas with four quarts of water into a saucepan; and when the roots are quite brown, and the peas come to a boil, put them together; as it boils, skim it clean, and put in the top crust of a small loaf, twenty-four berries of allspice, as many of black pepper, and two blades of mace; cover the pan close, and simmer gently for one hour and a half; then set it from the fire for ten minutes, and pour it off very gently into a large basin, and let it stand about two hours till it is quite clear; in the mean time, cut in, small, a large turnip, the red part of a large carrot, three ounces of onion minced, and one large head of celery cut very small; put the pieces of turnip and carrot on the fire, in cold water, let them boil five minutes; then drain them on a sieve, pour off the soup clear into a stewpan, add the roots, set the pan on the fire, simmer gently till the vegetables are tender, which will be from thirty to forty minutes, season it with salt and cayenne, and it is ready. A little mushroom catsup may be added.

Another way.

Peel and slice six large onions, as many carrots, six potatoes, and four turnips; fry them in half a pound of butter, and pour thereon four quarts of boiling water. Toast a crust of bread brown and hard, but not to burn; and put it with some celery, sweet herbs, white pepper, and salt, to the other ingredients; stew the whole gently four hours, and strain it through a coarse cloth or sieve; then take sliced carrot, celery, and a small turnip, and stew them till they are tender in the soup. An anchovy and a spoonful of catsup may be added.

An Economical Soup.

Put four ounces of clean Scotch barley, and as much onion sliced, into five quarts of water. Let it boil gently an hour, and pour it off. Then put into the pan about two ounces of dripping, clarified suet, or fat bacon minced. When this is melted, stir therein four ounces of oatmeal, and make the whole into a paste. Next add gradually the broth, and bring it to a boil. Season with cayenne, black pepper, or allspice. The flavour may be increased by garlic, shalot, or some more onion.

DIRECTIONS FOR DRESSING JOINTS OF MEAT.

BEEF.

To Boil a Round of Beef.

This should be well salted, and remain in the pickle eight or ten days. Cut the bone out first, and let the beef be skewered down, and tied round with a tape. If required to be done with parsley, cut the holes for the reception of it with a sharp-pointed knife, and force the stuffing in tightly. Put it into plenty of cold water, and carefully remove the scum as soon as it rises, continuing to do so all the time it is boiling; and when the surface is perfectly clear, set the pot on one side of the fire, to keep simmering slowly till it is done. As a round is generally too large for a moderate family, it may conveniently be cut in two. The tongue side is to be preferred. Half a round of fifteen pounds will take about three hours; if more, it will of course require longer time. Whatever scum may adhere to it, which after all your care will sometimes be the case, take it off with a brush. Serve up with carrots, turnips, parsneps, or greens, and garnish with the two former. Peas-pudding also is a very agreeable accompaniment.

To Force a Round of Beef.

Rub it first with common, next with bay salt, saltpetre, and coarse sugar. Let the beef lie in this pickle a week, turning it every day. When about to dress it, wash, dry, and lard it a little. Make some holes in the meat, and fill them with a stuffing of bread crumbs, marrow, or suet, parsley, *grated lemon-peel, sweet herbs, pepper, salt, nutmeg, and the yolk of an egg. Put some water and small beer into the dish with the meat, and send it to the oven. When done, skim off the fat, remove the meat into another dish for table, and pour the liquor over it. The round may be boiled instead of baked.

To dress an Aitch-bone of Beef.

This fine joint will not take so much boiling as the preceding; one of twenty pounds may be done in about three hours and a half, and one of half the size in two hours. It should be put into a large pot, and be well covered with water, taking care that it does not boil too fast. The slower it boils, the better it will look, and the more tender will it eat. It must be accompanied by the same vegetables as the

boiled rump, but particularly carrots. Gourmands esteem the soft fat which lies in the back, as marrow; but the hard fat about the udder is best when cold. The liquor in which the beef is boiled will prove excellent for peas-soup.

To stew a Rump of Beef.

Roast it till half done, put it into a stewpan, with three pints of water, one of small beer, the same of port wine, some salt, three or four spoonsful of vinegar, two of catsup, a bunch of sweet herbs, some onions, cloves, and cayenne pepper. Cover the pan close, and let it simmer two or three hours. When done, lay the beef in a dish, set over hot water, and well covered. Skim the gravy; put therein some pickled mushrooms, truffles, and morels; thicken with flour and butter, beat all together, and pour the mixture over the beef. Serve with forcemeat balls.

Another way.

Season it with common and cayenne pepper, salt, allspice, cloves, and mace, all powdered. Bind the meat up tight, and lay it in a pot. Fry three large onions sliced, and put them, with three carrots, two turnips, a shalot, four cloves, a blade of mace, and some celery, into the pot. Cover the whole with broth, or weak gravy. Simmer gently some hours till the meat is tender. Clear off the fat, and add to the gravy half a pint of port, a glass of vinegar, and a spoonful of catsup; simmer the whole half an hour longer, and then serve it up. You may also put into the liquor half a pint of table beer. Garnish with carrots, turnips, truffles, or morels, chopped parsley, beet root, and pickles. To increase the richness of the gravy, add a few beef bones, and shanks of mutton, while stewing; besides which, a spoonful or two of ready made mustard will be an improvement.

A roasted rump of beef is an excellent dish; but in the country it is commonly cut either with the aitchbone, or crosswise, so as to render that mode of doing it inconvenient, as the two cannot well be dressed together.

To bake a Rump of Beef.

Having taken the bone clean out, beat the meat well with a rolling-pin, and lard it across with bacon, seasoned with pepper, salt, and cloves. The beef should be seasoned also in the same manner. Then put it into an earthen dish, with the broken bones, half a pound of butter, some bay leaves, whole pepper, one or two shalots, and sweet herbs. Cover the pan close, put it into the oven, and bake for six hours. When done, skim off the fat, lay the meat in a dish, and serve it up with a ragout of mushrooms, truffles, forcemeat balls, and

yolks of eggs. Add thereto the gravy which came from the beef in baking, but season it well.

Rump of Beef en Matelotte.

Cut a rump into pieces, and parboil them. Take some common stock, boil it whole without seasoning, and when half done, stir in some butter, with a spoonful of flour, till brown, and moisten it with the liquor the beef was done in. Put in with the rump twelve large onions parboiled, a glass of white wine, a bunch of parsley, a leaf of laurel, some sweet herbs, pepper, and salt. Stew the rump and onions till tender; skim the surface well, and put an anchovy cut small, with some chopped capers, into the sauce. Lay the rump in the middle of the dish, with the onions round it. A rump done in this way will take four hours.

Beef à la Daube.

Cut out the bone of a rump of beef; take the leg-of-mutton piece, or mouse buttock, and slice some fat bacon into lengths equal with the beef, and about an inch square. Next take four blades of mace, eight cloves, a little allspice, and half of a grated nutmeg. Chop some parsley and sweet herbs; season with salt and pepper; roll the bacon, and thrust it through the beef with a larding pin. Put it into the stewpan, with brown gravy sufficient to cover it. Chop fine three blades of garlic, which put with some fresh mushrooms, two large onions, and a carrot, into the pan; and stew all gently for six hours. Then strain the liquor, skim off the fat, and return the meat and gravy into the pan, with a gill of white wine. Stew half an hour longer, and add artichoke bottoms, truffles, morels, oysters, and a spoonful of vinegar. Put the meat into a soup dish, pour the sauce over it, and serve it up.

To roast a Sirloin.

A sirloin of beef of about fifteen pounds will require from three and a half to four hours. Take care to spit it evenly, that it may not be heavier on one side than the other. Put a little dripping into the pan, and fasten a sheet of white paper over the meat to preserve the fat; baste it well immediately after putting it down, and do the same every quarter of an hour, all the time it is roasting, till the last half hour; then take off the paper, and prepare some gravy. Make a clear fire; brown and froth the meat by sprinkling it with salt, baste it with butter, and dredge it with flour. When the froth rises, take it up; and in serving, garnish with horseradish scraped fine and in heaps. A Yorkshire pudding will prove an excellent appendage to the sirloin.

To dress the Inside of a Cold Sirloin.

Cut the beef free from fat, into pieces of about two inches in length. Dredge with flour, and fry them of a light brown; after which, drain and toss them up in rich gravy, well seasoned with pepper, salt, shalot, and an anchovy. Previous to sending up the dish, add two spoonsful of the liquor of pickled capers. Garnish with fried oysters.

Sirloin en Epigram.

Roast a sirloin, and when done, raise the skin, and draw it off. Cut out the lean part, but without touching the ends or sides. Then proceed to part the meat in this manner:—Cut it into pieces of about the size of a crown-piece; put half a pint of gravy into a stewpan, an onion chopped fine, two spoonsful of catsup, some pepper and salt, six pickled cucumbers cut in thin slices, the gravy of the meat, and a little butter rolled in flour. Then put in the beef, shake it up five minutes, pour the contents of the pan upon the sirloin, and draw the skin over the whole. Garnish with lemon and pickles.

To force the Inside of a Sirloin.

Raise the fat, cut the meat close to the bones, and chop it small. Cut a pound of suet in the same manner; then put to it some crumbs of bread, lemon peel shredded, thyme, pepper, and salt, half of a grated nutmeg, and two shalots chopped fine. Mix these with a glass of port; put the whole into the cavity from whence the beef was cut, draw the skin and fat over it, skewer it down, and cover it with paper. Spit the sirloin before the meat is taken out, and put it down to the fire. Previous to its being done, take a quarter of a pint of port, and shalots cut small; boil them, and pour the whole into the dish with the gravy. Send it hot to table, garnished with lemon. The inside of a rump of beef may be done in the same way, by taking off the skin, cutting out the meat in the middle, and proceeding as before.

A Sirloin roasted with the Inside minced.

When about three parts roasted, take out the inside, mince it well, season it with pepper, salt, and some shalot chopped fine. Before the meat is done, warm this with gravy just enough to moisten it. Dish the beef with the upper side reversed; put the mince within, strew it with crumbs browned by a salamander, and lay horse-radish round the whole.

Mock Hare made of the Inside of a Sirloin.

Cut out the fillet, but leave the fat to roast with the joint. Prepare stuffing as for a hare, put it on the beef, roll it up with tape, pass a skewer through it, and fasten it on the spit.

Another way of dressing the Inside of a Sirloin.

Cut it into slices of an even thickness, broil and brown them well over a smart fire, or in a Dutch oven. When done, lay them in a dish before the fire, while you poach some eggs to serve up with them, and mashed potatoes.

To roast a Baron of Beef.

This was a magnificent dish at the tables of our hospitable ancestors on great occasions, and though the noble baron is now but seldom seen, yet the subject requires, by courtesy, some attention in a treatise on English cookery. As the joint is too large for a spit, it must be roasted in a suspended state, before a proportionate fire. Split the tail part in two, as in a saddle of mutton, and turn it neatly round in the form of a ring on each side. The baron will take at least five hours in roasting, well papered, before a good brisk fire; to which it must be laid gradually, for if placed too near at first, the outside will be ruined. If it is to be eaten hot, garnish with young carrot tops laid round the dish, which may be ornamented at pleasure.

To roast Ribs of Beef.

Place your beef before a brisk fire, baste with salt and water for the first twenty minutes; then dry and flour it, fasten some clean writing paper, buttered, over the meat, and let it continue till the roasting is completed. The three first ribs of fifteen or twenty pounds will take three hours, or three and a half. The fourth and fifth will take as long.

To roast Ribs of Beef Stuffed.

Having boned the beef, put into the middle of it the same kind of stuffing as for veal, roll it up, and bind it very tight. Serve it with brown sauce, and celery or oysters. Cover the fat and thin part with paper, or it will be done too much and before the more solid meat is well heated through.

Ribs of Beef boned and rolled.

Keep two or three ribs of beef till perfectly tender; take out the bones, and skewer the meat as round as possible. Some cooks egg and stuff it with veal stuffing. At first, place it at some distance from the fire, and let it approach gradually. It will take four or five hours.

A Porcupine made of Ribs of Beef.

Bone the flat ribs, and beat the meat half an hour; then rub it over with the yolks of eggs. Strew thereon bread crumbs, parsley, leeks, sweet marjoram, lemon peel grated fine, nutmeg, pepper, and salt. Roll it up tight, and b

it close; lard it across with bacon; then add a row of cold boiled tongue; another of pickled cucumbers; next a row of lemon peel; and so continue till it is completely larded all round. Then split, and put it into a deep pot with a pint of water; lay over it a caul of veal; tie it down with strong paper, and send it to the oven. When done, skim off the fat, and strain the gravy into a saucepan; add to it two spoonsful of red wine, as much browning, half the quantity of mushroom catsup, and half a lemon. Thicken it with butter rolled in flour, dish up the meat, pour in the gravy, lay round it forcemeat balls, and garnish with horse-radish.

To stew a Brisket of Beef.

Rub the meat with salt and saltpetre, let it lie four or five days; then lard it with fat bacon, and put it into a stewpan, with a quart of water, a pint of strong beer, some sweet herbs, half a pound of butter, three shalots, some grated nutmeg, and pepper, cover it close, and stew it over a slow fire for five or six hours. Strain off the liquor, thicken it with burnt butter, and pour it over the beef. Garnish with lemon sliced, and serve it up.

Another way.

Put that part which has the hard fat into a pot with a little water, let it just boil, then skim it well; add thereto carrots, turnips, onions, celery, and a few pepper corns. Stew the beef till it is very tender, then take out the flat bones, and remove all the fat from the liquor. The meat and soup may be served together, or separately. In the latter case, garnish the dish which contains the beef with vegetables, and prepare the following sauce. Take half a pint of the soup, and mix it with a spoonful of catsup, a glass of port, a tea-spoonful of ready-made mustard, some flour, a little butter and salt. Boil these all together a few minutes, and pour the sauce round the meat. Chop small some capers, walnuts, red cabbage, pickled cucumbers, and chives, or parsley, and lay them in separate heaps over the meat.

To press Beef.

Salt a small piece of the brisket, the thin part of the flank, or the tops of the ribs, with a composition of common salt and saltpetre; let the meat lie five days; then boil it gently till it is very tender. Put it under a heavy weight, or, where you have that convenience, in a cheese press, and let it remain till cold. This makes excellent sandwiches.

To stew a Leg of Beef.

Cut off all the meat, without the gristle. Saw the bone into several pieces, and put them with three gallons of water,

six onions, four carrots, some sweet herbs, two leeks, a little allspice, salt, and black pepper, into a pot to stew all night. Next morning take off the fat, and having cut the meat into thick slices, fry them till brown with a part of the skimming, and keep the remainder to make pie crust. Fry six large onions sliced; put them and the meat, with a quart of table beer, into the pot with the liquor produced by the bones, adding onions and other vegetables as before. Stew the whole gently eight hours; then take up the meat, and strain the liquor over it.

To bake a Leg of Beef.

Cut off the meat, and break the bones; put the whole into a pan, with two onions, some herbs, a spoonful of whole pepper, a few cloves, and some blades of mace. Cover all these with water, tie the pot down close with brown paper, and send it to the oven. When done, strain the liquor through a sieve, pick out the fat and sinews, and put them into a saucepan, with a little gravy, and some butter rolled in flour. Set the saucepan on the fire, shake it often, and when hot, pour the contents into a dish, and send it to table. Ox cheek may be done in the same manner; and if the liquor is too strong, weaken it with hot water.

Beef Tremblane.

Take the fat end of a brisket, tie it up close, and let it simmer over the fire six hours. Season with salt, allspice, and add two onions, as many turnips, and a carrot. Melt some butter, and put to it a quart of gravy, a spoonful of catsup, as much browning, and a gill of white wine. Cut the vegetables in pieces, and stew the whole gently till the roots are tender, then throw in some pepper and salt, skim off the fat, lay the beef in a dish, with the sauce over it. For garnish, use pickles; or make the following sauce:—Chop a handful of parsley, an onion, four pickled cucumbers, a walnut, and a gill of capers. Put them in a pint of good gravy; thicken with butter rolled in flour, and season as before. Boil these ingredients ten minutes, and pour them over the beef. A plainer mode is, to serve up the meat with greens and carrots.

Beef Collops.

Cut a large rump steak into small pieces; score them with a knife, and flour them; then melt some butter in a stewpan, and put in the collops, which must be fried quick a few minutes. Pour in a pint of gravy, with the addition of a little butter rolled in flour, and season with pepper and salt. Cut in slices four pickled cucumbers, chop a few capers, half a walnut, and a little onion. Put these into the pan, and having stewed the whole five or six minutes, pour them

hot into the dish; garnish with lemon. Or, cut the fillet from the under part of a rump into thin slices, and fry them till three parts done. Add thereto slices of pickled cucumbers, small mushrooms stewed, blanched oysters, and some good gravy. Stew the whole till the meat is tender, and serve it up.

Beef Bouilli.

Boil the thick end of a brisket, with some sliced carrots, turnips, and celery, for two hours. Then simmer it for six hours longer, filling up the pot as the water decreases. An hour before the meat is done, take out as much of the broth as will fill a soup dish, and boil with it some turnips, more of the other vegetables cut as the rest, and season it with salt and pepper. Serve the beef and soup in different dishes. Put fried bread into your soup, and, if agreeable, boil with it some bunches of greens. It may be enriched by the addition of mutton chops, but these must be taken out before serving.

Cold Beef Bouilli à la Maitre d'Hotel.

Cut beef that has been dressed a day or two, into slices of nearly half an inch thick, and about three fingers in breadth, with fat proportioned to the lean. Lay on a dish as many as you have occasion for; then mix in a basin, chopped onions or shalots, pepper, salt, mustard, egg, oil, and vinegar, as for a salad. Pour these over the beef, and serve the dish up, garnished with watercresses or horse-radish.

The two preceding articles will suggest to the economist, the benefit of converting pieces of fresh beef into salubrious and cheap food, in many respects preferable to the common mode of burning them to a cinder upon gridirons, or drying them till deprived of all nutriment in an oven.

Hashed Beef and boiled Bones.

Take cold roast beef; divide the meat into small pieces, and cut the bones short after stripping them. Score them, pepper and salt them, and boil them over a clear fire. Put the trimmings of the bones and the meat into a stewpan, with two onions, and a pint of water. Let it boil slowly an hour, and when done enough, strain it into a basin. Then dredge about half a spoonful of flour over the meat, and put it into a stewpan, with the liquor in which the bones were boiled, and toss it up with a mixture of flour. Set it on a stove, and let it boil just long enough to make the flour smooth. Add about a table-spoonful of walnut and the same quantity of mushroom catsup, two gherkins, and season the whole with pepper and salt. Put the hash into the dish first, and lay the bones on them. The marrow bones of beef may

be converted into a pleasant dish by covering the top with a floured cloth, and boiling them. Serve with dry toast.

To fricassee cold roast Beef.

Cut the meat into slices, shred well a handful of parsley, quarter an onion, and put the whole into a pan with butter and strong broth, throw in some pepper and salt, and simmer gently a quarter of an hour. Add the yolks of two eggs a glass of port wine, and a spoonful of vinegar. Stir these quickly, rub the dish with shalot, and pour the fricassee into it.

Beef à la Royale.

Bone a brisket of beef, and make some holes in it about an inch from each other. Fill one of these with fat bacon, another with chopped parsley, and a third with minced oysters. Season the stuffings with pepper, salt, and nutmeg. Having thus prepared your beef, put it into a pan, pour on it a pint of boiling wine, dredge it with flour, and bake it three hours. Skim off the fat, dish the meat, and strain the gravy over it. Garnish with pickles.

Beef Escalot.

Take half a pound of coarse sugar, two ounces of bay and one pound of common salt. With this mixture rub a brisket of beef well, put it into an earthen pan, and turn it every day. After lying in this pickle about a fortnight, the beef should be boiled, and served up with savoy: but it eats better cold, and cut into slices.

To hash pressed Beef.

Cut it into thin slices, and put them into a stewpan, with pickled walnuts or onions chopped. Next make a sauce with shalots or onions cut small, and put it with some fresh butter over a slow fire, till nearly done; after which, add a pint of veal stock or gravy, and a little catsup. Boil it ten minutes, season with cayenne and salt. Strain the sauce from the beef, and let it stew gently till hot, and add a little browning.

Ragout of Beef.

Cut the meat from the bones of a fat piece of beef, flour, and fry it in a stewpan with butter till it is brown, then cover it with a gravy made as follows:—Take a pound of coarse beef, half a pound of veal cut small, some sweet herbs, an onion, black and white pepper whole, mace, cloves, a piece of carrot, a slice of lean bacon steeped in vinegar, and a crust of bread well toasted. Add a quart of white wine, and boil the whole till the liquor is reduced one half. Pour a quart of boiling water into the pan, and let it stew gently. When the gravy is done, strain and pour it in with the beef. Then take an ounce of truffles and morels cut small, with some fresh

or dried mushrooms, and two spoonsful of catsup. Cover the whole close, and stew till the sauce is thick. Boil some artichoke bottoms quartered, and a few pickled mushrooms, lay the meat in a dish, and pour the whole over it.

Portugal Beef.

Take out the bone of a rump of beef, cut it across, flour it, and fry the thin part in butter; but stuff the thick end with a mixture of suet, boiled chesnuts, an anchovy, an onion, and pepper. Stew this part in good stock, and when tender, lay it in a dish; then cut that which is fried in two, and lay the pieces by the sides of the rest. Strain the gravy of the stewed part, add to it some gherkins chopped, and boiled chesnuts. Thicken the whole with flour, butter, and a spoonful of browning, boil it up, season with salt, and pour it over the beef. Garnish with slices of lemon.

Beef Olives.

Cut some slices of under-done boiled beef half an inch thick, and four inches square; lay on them a forcemeat made of bread crumbs, shalot, suet or fat, pepper and salt. Roll, and fasten them with a skewer; put them into a stewpan with gravy made of either the bones or meat, and a little water. Stew the whole till tender; add at pleasure mushrooms, truffles, and morels. Garnish with beet-root and lemon. You may use fresh meat instead of that which has been dressed.

Beef à la Mode.

The article commonly sold under this name is nothing better than a highly seasoned soup made of the coarsest meat, and differs essentially from the real beef à la mode made abroad, though even this varies according to different formularies.

The most proper parts for the purpose are a small buttock, the leg-of-mutton piece, and the clod. Cut into long slices, each an inch thick, some fat bacon, taking care that it is not yellow. Dip these pieces into vinegar, and then season them with a preparation of salt, black pepper, allspice, and a clove, all finely powdered, with parsley, chives, thyme, savory, and knotted marjoram, minced as small as possible, and well mixed. Make holes in the meat deep enough to admit the larding; then rub the beef over with the seasoning, and bind it up tight. Set it in a pot over the fire or stove; then fry brown three or four onions, and put them to the beef, with two or three carrots, a turnip, a head or two of celery, a tea-spoonful of vinegar, and a small quantity of water. Simmer gently ten or twelve hours, turning the meat twice. When the beef is tender, take it out, pour

the gravy into a pan, clear off the fat, keep the beef covered, then put both together, and add a glass of port wine. Take off the binding, and serve the dish with the vegetables; or strain them off, and send them up separately cut into dice for garnish. Roasted onions stewed with the gravy will be an improvement.

Another way.

Take about eleven pounds of the mouse buttock, clod, blade bone, the sticking piece, or, instead of either, a breast of veal of the same weight. Cut the meat into pieces of three or four ounces each, put two or three ounces of beef drippings, and a couple of large onions, into a deep stewpan. When the pan is hot, flour the meat, and put it also in, keeping it stirred with a spoon. In ten minutes, dredge it with flour, and do so till you have stirred in as much as will thicken it. Then cover the meat by degrees with about a gallon of boiling water, stirring the whole together. Skim when it boils, and then put in a drachm of ground black pepper, and double that quantity of allspice. Set the pan either over the fire, or by the side of it, and let it stew gently about three hours. When the meat is tender, put it into a tureen, and serve it up. Some cooks add mushrooms and bay leaves to the beef à la mode, but both had better be omitted, on account of their pernicious qualities.

To broil Beef Steaks.

These should be cut from a rump that has hung a few days in summer, and longer in winter, each steak being three-quarters of an inch thick. It is a bad practice to beat them, unless you suspect that they are not tender. The fire must be clear, and the gridiron clean, hot, and placed in a slanting position, to prevent the fat from making a smoke. Season the steaks with pepper and salt; and when brown on one side, turn them. When half done, take them up, and lay them in a hot dish before the fire, with a slice of butter between every two steaks, and a little additional seasoning. While they are in this state, shred a shalot very fine, and put to it some good gravy, with a little catsup. Having drained the steaks of the gravy, replace them on the gridiron, and keep turning them till they are done. Put them on a dish, with the gravy and shalot; garnish with horse-radish, and serve them up hot. The shalot and catsup may be omitted if not liked. In broiling steaks, you should be provided with a pair of tongs, for the purpose of turning them.

To warm up cold Beef Steaks.

Put them into a stewpan, with a large onion cut in quarters, six corns of allspice, the same of black pepper; cover the

steaks with boiling water; let them stew gently an hour. Chicken with flour and butter rubbed together on a plate put this into the stewpan, shake it well over the fire for five minutes, and it will be done. Lay the steaks and onion on a dish, and pour the gravy through a strainer over them.

To fry Beef Steaks.

Fry them brown in good butter; put into the pan half a pint of water, a sliced onion, one spoonful of walnut catsup, a little caper pickle, pepper, and salt; cover these close, and stew them gently. When done, thicken the gravy with flour rolled in butter, and serve up the steaks.

Another way.

Let your steaks be half an inch thick, put them into a stewpan with a piece of butter, and set it over a slow fire. Keep turning the steaks till the butter has acquired the consistence of a thick white gravy; then pour it into a basin, and add more butter. When the steaks are nearly done, pour the rest of the gravy into the basin, and put more butter into the pan. Fry the steaks a light brown, and when done, lay them in a hot dish. Slice a shalot among them, and put a little into the gravy that was drawn from them, and pour it over them. Half a pound of butter will suffice for a large dish of steaks.

Beef Steaks and Onions.

Fry your steaks, and season them with pepper and salt. When done, put in the sliced onions, and fry them till nicely browned. Lay the steaks in the dish, and the onions over them. Put some mushroom catsup and gravy into the pan, with a little butter for a thickening. Let it boil about a minute, and then pour the gravy over the steaks.

Beef Steaks and Oyster Sauce.

Throw the oysters, after straining off the liquor, into cold water; then simmer the liquor with some mace and lemon peel. Put the oysters into it, and stew them a few minutes. The addition of a little cream, with some butter rolled in flour, will be an improvement. Let these boil quickly, and when the rump steaks are well seasoned and boiled, pour the oyster sauce over them.

The Staffordshire way of dressing Beef Steaks.

Beat the steaks with a rolling pin, then flour, season, and fry them with sliced onions, till both are nicely browned. Put the steaks into a stewpan, with boiling water enough to make sauce. Let them stew very gently half an hour, and add a spoonful of catsup or walnut liquor previous to serving them up.

Italian Beef Steak.

Cut a steak either from the rump that has hung some days, or any other tender part, and beat it well; then season it with pepper, salt, and onion. Put it into a stewpan, cover it close, and set it by the side of the fire without water, but take particular care that it does not burn. With a strong heat it will be done in two or three hours. Serve it with its own gravy.

Beef Steaks rolled.

After beating rump steaks to make them tender, lay upon them any quantity of high-seasoned forcemeat. Then roll them up, and secure them with small skewers. Fry them in mutton dripping till they are brown; then take them out, and put them into a stewpan, with good gravy, a spoonful of port wine, and some catsup. When done, serve them up with the gravy and pickled mushrooms.

Another way.

Flatten three or four rump steaks; then make a forcemeat; beat a pound of veal in a mortar, with the kidney fat chopped, half a pound of cold ham, a sweetbread cut in pieces, an ounce of truffles and morels, first stewed and cut small, some parsley, the yolks of four eggs, a grated nutmeg, thyme, lemon peel cut fine, pepper, salt, and half a pint of cream. Mix them all together, lay the compound on your steaks, roll them up tight, and keep them firm with a skewer. Put them into a stewpan, and fry them till nicely browned; then pour off the fat, and put in a pint of good fried gravy; add a spoonful of catsup, double the quantity of red wine, a few mushrooms, and stew half an hour. On taking up the steaks, cut them in two, lay the cut side uppermost, pour the sauce over them, and garnish with lemon.

To stew Rump Steaks.

Broil them till they are half done through, then remove them to a stewpan, and season them. Pour in gravy enough to cover the steaks, with a little butter rolled in flour. Let them stew half an hour, then add the beaten yolks of two eggs, stir the whole well for ten minutes, and serve them up.

Another way.

Put an ounce of butter into a stewpan with two onions, and when the butter is melted, lay the steaks in it. Let them stew over a slow fire five minutes; then turn them, and fry the other side for the same time. Boil a pint of small onions, and pour the liquor to the steaks; but if there is not enough to cover them, add some broth or boiling water, with twelve

corns of black pepper, and a little salt. Simmer gently for about an hour and a half; then strain off as much liquor as will make the sauce. Next put two ounces of butter into a stewpan, and, when melted, stir therein as much flour as will make a paste, adding, at pleasure, a table-spoonful of claret or port wine, with as much mushroom catsup, half a tea-spoonful of salt, and a quarter of a tea-spoonful of ground black pepper. Put in the liquor by degrees; boil it up for fifteen minutes; skim, and strain it; then serve up the steaks with the onions round the dish, and pour the gravy over them. Veal cutlets or mutton chops may be done in the same way. Rump steaks are in prime condition from Michaelmas to the end of March. They should be ordered three or four days before wanted.

Another way.

Take rump steaks cut thick, brown them in a stewpan, with butter, and a little water. After they are browned, add some more water, an onion sliced, two or three anchovies, white pepper and salt. Cover the pan close, and stew the steaks for an hour. When done, skim off the fat, and add a glass of port wine, a few oysters, some catsup, and a little anchovy liquor. Serve them up hot.

To stew Beef Gobbets.

Cut any piece except the leg into small pieces, put them into a stewpan, and cover them with water. Having stewed an hour, put in some mace, cloves, and whole pepper, tied loosely in a piece of muslin, with a little celery cut small. Add thereto salt, turnips and carrots pared and cut into slices, parsley, sweet herbs, a crust of bread, and an ounce of barley or rice. Cover the pan close, and when the whole is tender, take out the herbs, spices, and bread. Toast a French roll, cut into four parts, put these into the dish, pour the meat and sauce upon them, and serve the whole up.

A Fricandeau of Beef.

Cut some slices of beef in lengths of five or six inches, and half an inch thick. Lard them with bacon, dredge them well with flour, and set them before a brisk fire to brown; then put them into a tossing pan, with one quart of gravy, a few truffles and morels, and half a lemon. Let them stew half an hour; and then add a spoonful of catsup, as much browning, and a little cayenne pepper. Thicken your sauce, and pour it over the beef, with forcemeat balls, and the yolks of hard eggs laid round the dish.

Rolled Beef, to eat like Hare.

Cut out the inside of a sirloin, soak it in some red wine, and an equal quantity of vinegar, two days and nights. Make

a good stuffing exactly similar to that for a hare, and strew it over the beef; then roll, and tie it up tight, and roast it on a hanging spit. Baste with vinegar and port wine, mixed with pounded allspice. It will be greatly improved by larding. Serve it up as you would do hare, with a rich gravy in the dish, and melted butter and sweet sauce in separate boats.

Beef à la Vingrette.

Cut off a slice three inches thick from a round of beef, with some fat adhering to it. Stew this in a little water and a glass of white wine, seasoned with salt, pepper, cloves, sweet herbs, and a bay leaf. Boil it till the liquor is nearly exhausted. Serve it up cold.

To mince Beef.

Shred fine the under-done part of a piece of beef, and some of the fat; put it into a small stewpan, with a little onion or shalot, some water, pepper, and salt. Boil till the onion is quite soft; then add some of the gravy of the meat. Get ready a small hot dish with sippets of bread, and pour the mince, with the addition of a little vinegar, into it. If you use shalot vinegar, the onion or shalot should be omitted.

Sander's Beef.

Mince the meat small, with onion, pepper, and salt, add thereto a little gravy; put it into scallop shells or saucers three parts full, and complete the filling with potatoes mashed with cream. Lay a little butter on the top, and brown them either in an oven, or with a salamander before the fire.

To dress Cecil's Beef.

Mince any kind of meat, crumbs of bread, a good deal of onion, some anchovies, lemon peel, salt, nutmeg, chopped parsley, pepper, and a little warm butter. Mix all these over a fire for a few minutes, and set the pan to cool. Then make up the whole with an egg, into balls, sprinkled with fine crumbs; fry them of a yellow brown, and serve with gravy as beef olives.

Bubble and Squeak.

This good and savoury dish is made from corned beef, the remainder of a former dinner. Cut the meat into slices; then, if there is any cold cabbage left, squeeze it dry, and chop it small. Put some dripping into a frying pan, and when hot, lay in the slices of beef, sprinkled with a little pepper. Fry them brown, and season them on both sides. When these are done, take them up while the cabbage is frying, keeping it stirred all the time, and when the fat is dried up, take it out. Serve

the cabbage in the middle of the dish, and the meat round it. Wow-wow sauce is good with this economical dish.

Red Beef to eat cold.

Take a piece of thin flank, and cut off the skin. Rub the meat well with two pounds of common, and two ounces of bay salt, two ounces of saltpetre, and half a pound of coarse sugar well pounded. Put it into an earthen pan, and rub it with the mixture for seven or eight days. Then take it out, wipe it, strew over it powdered mace, cloves, pepper, a little allspice, plenty of chopped parsley, and a few shalots cut small. Roll it up, and bind it well with a tape; boil it till tender, then lay it under a press, and when cold, cut it into slices. Garnish with pickled barberries, parsley, or other herbs.

Beef Cakes for a Side Dish.

Pound some under-done beef with a little fat bacon or ham, and season with pepper, salt, shalot, or garlic. Mix these well, and make oblong cakes, about three inches in length, and half that width and thickness; fry them till they are of a light brown, and serve them with rich gravy.

To stew Ox Cheek.

Take a fine cheek of a young beast, clean it, and let it lie to soak twenty-four hours: then put it, with three quarts of water, into a stewpan that has a cover. After it has boiled up, and been well skimmed, let it simmer two hours, then put in plenty of carrots, leeks, two or three turnips, some sweet herbs, whole pepper, and four ounces of allspice. Skim it frequently, and when the meat is tender, take it out. Let the liquor get cold, after which, take off the fat, and serve the soup either separately or with the cheek. To brown the meat, use burnt sugar, or onions fried with flour. This last is the best way, because it improves the flavour. The vegetables may be done by themselves, and instead of them, a roll toasted, or fried bread substituted. Celery is an excellent addition to the dish, and where it is not to be had, the seed boiled in the soup, and strained off, will give the same taste.

Another way

Soak the cheek three hours in soft water, and clean it thoroughly. Take the meat from the bones, and put it into an earthen pan, with a large onion quartered, some sweet herbs, bruised allspice, pepper, and salt. Lay the bones on the top; pour thereon two or three quarts of water, cover the pan with thick brown paper, and let it stand in a moderately heated oven, eight or ten hours; or instead of this, you may place it by the side of the fire. When tender, put the meat

into a dish, and let it get cold, then take off the fat, and warm the cheek with the soup. Serve with any kind of vegetables.

To dress Cow Heels.

Boil, and serve them on a napkin, with melted butter, mustard, and vinegar. Or, boil them, and serve them as a brown fricassee. The liquor will make an excellent jelly for a variety of purposes.—Another way is, to cut the heels into four parts, then dip them in egg, and flour, and fry them with onions. They may also be baked as for mock turtle. Cow-heel, when very tender, makes good mincemeat for pies.

VEAL.

All veal must be thoroughly done, whether boiled or roasted, otherwise it is unwholesome.

To boil a Knuckle of Veal.

This is best done by adding to the joint a quarter of a pound of rice, a blade of mace, and some sweet herbs. When the knuckle is properly done, take it out, and put into the liquor, a quarter of a pound of vermicelli, to which afterwards add half a pint of cream, a little fresh butter, with some burnt flour, and fried onions. Serve the liquor or sauce, either with the meat or apart. Bacon is the necessary accompaniment of a knuckle of veal.

To ragout a Knuckle of Veal.

Cut the meat into thin slices; pepper, salt, and flour them; and then fry them of a light brown. Put the trimmings into a stewpan, with the bone broken in several places; a sliced onion, one head of celery, some sweet herbs, and two blades of beaten mace. Pour thereon hot water, till it rises about an inch over them; then cover the pan close, and stew slowly about two hours. Strain off the liquor, and thicken it with flour and butter. Put in a spoonful of catsup, a glass of wine, and the juice of half a lemon. Bring the whole to a boil, and then strain it into a clean pan; put in the meat, make it hot, and serve it up. If celery is not to be had, the seed may be used instead, or a carrot is a good substitute.

To stew a Knuckle of Veal.

Having cut off some collops from a large knuckle, break the bones, and put them with the rest into a saucepan, with three onions, a blade or two of mace, and a few pepper corns. Cover the whole with water, and simmer till done. Boil some macaroni with it, or rice, adding a very little rice flour for a

thickening. Previous to serving, put in half a pint of milk and cream, and send it up with the meat, or separately.

Another way.

Lay crosswise at the bottom of a stewpan, four wooden skewers; then put in the veal, with two or three blades of mace, a little whole pepper, a sprig of thyme, a small onion, a crust of bread, and two quarts of water. Cover it close, let it boil, and then simmer for two hours. When done, take it up, put it into a dish, and strain the liquor over it. Garnish with lemon.

To fry a Knuckle of Veal.

Cut the meat into pieces, and fry them with sliced onion and butter till brown. Take some peas, lettuce, onion, and a cucumber or two; stew them in a little water for an hour, add them to the veal, and stew the whole till the meat is tender. Season with pepper, salt, and a little mint shredded small, and serve up the dish.

To roast a Leg of Veal.

Cut off the fillet, take out the bone, and fill the cavity with good stuffing. Skewer it quite round, and put a paper over the fat. On placing the joint to the fire, keep it at some distance, and draw it nearer by degrees. When done, serve it with melted butter poured over it. Part of the leg may be potted.

To disguise a Leg of Veal.

Lard the upper side with bacon, and stuff it well with forcemeat made of oysters. Then put the veal into a pot, with as much water as will cover it. Keep it closely shut, to prevent the steam from escaping; stew it gently, and when the meat is quite tender, take it up. Boil down the gravy to a quart, take off the fat, and put in half a lemon, a spoonful of mushroom catsup, a little lemon pickle, half a penny loaf grated fine, and boil these in the gravy till it is thick. Then add half a pint of oysters, and if more thickening is wanted, put in some butter rolled in flour, with half a pint of cream, and the yolks of three eggs. Shake the sauce over the fire, but without boiling it. Put the veal into a dish, and pour the sauce over it; garnish with crisped parsley and fried oysters.

To roast a Fillet of Veal.

Put some stuffing under the flap, cut out the flank piece, spit the fillet, butter it well, lay over it some large white paper, and fasten it with twine. Two hours will be required for a fillet of moderate size. When done, put gravy and butter into the dish. After taking off the paper, flour the fillet well, to give it a nice browning; baste it with butter, and sprinkle it with salt.

To stew a Fillet of Veal.

Stuff it well under the flap, and also at the bone end, quite through to the shank. Put the fillet into an oven, with a pint of water under it, till it is nicely browned. Next lay it in a pan, with three pints of gravy, and stew it till tender; after which, put in a few morels, truffles, a tea-spoonful of lemon pickle, a table-spoonful of browning, one of catsup, and a little cayenne. Thicken with butter rolled in flour. Take out the veal, put it into a dish, strain the gravy, pour it over the meat, and lay round it forcemeat balls. Garnish with sliced lemon and pickles.

To roast a Fillet of Veal with Collops.

Cut from your fillet what collops are necessary; then take the udder, and fill it with forcemeat; roll it round, tie it across, and roast it. Put the collops in the dish, and lay the udder in the middle. Garnish with sliced lemon.

To roast a Loin of Veal.

Paper the back to keep it from scorching, and when done, pour melted butter over it; garnish with lemon, and serve with melted butter, and any of these vegetables—potatoes, brocoli, French beans, peas, cauliflowers, stewed cucumbers, or stewed celery.

Loin of Veal en Epigram.

Roast your veal as above, then cut off the skin from the back part without breaking it. Take out the lean, but leave the ends whole. Then mince the meat very fine with the kidney; add thereto a little gravy sufficient to moisten it, together with that produced by the loin. Mix these with pepper and salt, some lemon-peel shredded fine, the yolks of three eggs, and a spoonful of catsup. Thicken it with butter and flour. Shake it over the fire, and put the whole into that part from whence the meat was taken, draw the skin over it; then place it in a hot oven for a quarter of an hour, and send it to table garnished with lemon and barberries.

Chump of Veal à la Daube.

Take out the bone from the chump end of a loin of veal, and stuff the cavity with forcemeat. Tie it up, and lay it in a stewpan, together with the bone, a bundle of sweet herbs, an anchovy, two blades of mace, some whole white pepper, and a pint of veal broth. Cover the meat with slices of fat bacon, and a sheet of white paper over the whole. Keep the pan close, and let it simmer two hours; then take out the bacon, and glaze the veal. Serve it with mushroom, sorrel, or any other sauce.

To roast a Neck of Veal.

After cutting off the chine, take the meat from the ends of the ribs, and chop off about an inch from the bones themselves. Then put the veal on a lark spit, and fasten it to a large one. Butter and salt it, cover it with double paper, and tie it fast. Keep the veal well basted, and when done, put gravy and butter into the dish.

To stew a Neck of Veal.

Lard it with pieces of bacon rolled in pepper, salt, shalots, and onions. Put the neck into a stewpan, with about three pints of broth, two onions, and a little brandy, to which some add, but very improperly, a laurel leaf. Simmer gently till the meat is tender, then put it into your dish; skim the liquor, and pour it over the veal.

To roast a Neck of Veal larded.

Take out the under bone, but leave in a part of the long ribs. Having trimmed the joint neatly, lard, and roast it gently, with the caul over it. Ten minutes before it is done, take off the caul, in order to give the veal a good brown colour. Serve it with sorrel, celery heads, tops of asparagus, or mushroom sauce.

Neck of Veal à la Braise.

Lard the best end of a neck with bacon rolled in chopped parsley, salt, pepper, and nutmeg. Put these into a tosser, and cover them with water, after which, add thereto the scrag end, a little lean bacon or ham, an onion, two carrots, two heads of celery, and a small glass of Madeira wine. Stew the whole two hours; strain off the liquor; mix some flour and butter in a stewpan till brown; lay the veal therein with its upper side towards the bottom; set it over the fire till it is coloured; then put it into a dish, stir some of the liquor in, and boil it up. Skim the whole clear, and then squeeze therein some orange or lemon juice.

Neck of Veal à la Royale.

Take off the scrag end, and part of the chine bone; then chop fine a few mushrooms, shalots, parsley, and thyme, with pepper and salt; cut middling-sized lardings of bacon, roll them in the herbs, and with them lard the lean part of the neck. Put this into a stewpan, with some lean bacon or ham, the chine bone, and scrag cut in pieces, three or four carrots, onions, a head of celery, and some beaten mace. Pour in as much water as will cover the whole; then stew it slowly two or three hours. Strain half a pint of the liquor through a fine sieve, set it over a stove, and let it boil, keeping it stirred

till brown. Add more of the liquor strained free from fat, and keep it stirring till it becomes a thick brown glaze. Take the veal out of the stewpan, wipe it clean, and put the larded side upon the glaze. Set it over a gentle fire five or six minutes, then lay it in a dish with the glazed side uppermost, adding thereto a very little flour. Stir the whole, add thereto some of the liquor, and let it boil till of a proper consistence; strain it, and pour it into the dish. Squeeze in a little lemon juice, and serve it up.

Veal à la Bourgeoise.

Cut your meat into pieces, lard them with bacon, season with pepper, salt, mace, cloves, nutmeg, and parsley. Lay slices of fat bacon in a stewpan, with the veal on them, cover it close, and set it over the fire for eight or ten minutes. Brown the veal on both sides, shake some flour over it, add a quart of gravy, cover the pan, and stew gently till the whole is done. Take out the bacon, skim off the fat, and beat the yolks of three eggs with some of the gravy. Make a sauce of these, and pour it over the meat. Garnish with lemon.

To dress a Breast of Veal.

You may either roast the joint whole, or take off the two ends for a stew. In either case, melted butter must be poured over it. If any be left, cut it into pieces, and put them into a stewpan, with some broth or water. Add thereto a bunch of sweet herbs, a blade or two of mace, some pepper, and an anchovy. Stew the meat till it is tender, thicken with butter, flour, and a little catsup.

Instead of roasting the breast, you may stew it, after cutting off the two ends, but the sweetbread should be served whole, either stewed or parboiled, covered with crumbs, herbs, pepper, and salt, and browned in a Dutch oven. Some mushrooms, truffles, and morels, will be an agreeable accompaniment to a breast of veal.

Ragout of a Breast of Veal.

Half roast, then bone a breast of veal, and put it into a tossing pan with a quart of veal gravy, an ounce of morels, and the same of truffles. Stew till tender, and previous to thickening the gravy, put in a few oysters, pickled mushrooms, and cucumbers cut small, with three or four hard eggs, and cut the sweetbread in slices, and fry them of a light brown. Serve up the veal, with the gravy poured hot over it. Lay the sweetbread round, with truffles, morels, and eggs upon it. Garnish with pickled barberries. This is a good dish either for the top or side at dinner, or a bottom one for supper.

Another way.

Having taken out the under bone, cut the breast in half, the long way, and divide the same into pieces. Then fry the veal in a pan, with about two ounces of butter, till it is lightly browned. After this, put it into a stewpan, with some veal broth, or boiling water enough to cover it, a bunch of sweet marjoram, thyme, and parsley, with four cloves, or two blades of pounded mace, three young onions, or a single old one, a roll of lemon peel, twelve corns of allspice bruised, and a tea-spoonful of salt. Cover the pan close, and simmer gently till the veal is tender, which will be in about an hour and a half, or two hours, according to the size. Strain off about a quart of the gravy into a basin, and set a stewpan, with the meat in it, by the fire to keep hot. Thicken the gravy by putting about an ounce and a half of butter into a clean stewpan, and when melted, stir into it as much flour as will absorb it; add the gravy gradually, season it with salt, let it boil ten minutes, skim it well, and put in two table-spoonfuls of white wine, one of mushroom catsup, and as much lemon juice. Boil it up, and when done, put the veal into a dish, with the gravy strained to it.

To stew a Breast of Veal.

Put it into a stewpan, with a little broth, a glass of white wine, a bunch of sweet herbs, some mushrooms, two or three small onions, pepper, and salt. Stew it over a gentle fire till tender, and when done, strain and skim the sauce. Garnish with forcemeat balls.

To roll a Breast of Veal.

Having boned the breast, and taken off the thick skin and gristle, beat the meat with a rolling-pin. Season with herbs chopped fine, salt, pepper, and mace. Cover the veal with some slices of ham, or roll it with two or three calves' tongues, which have been boiled and skinned. Bind the whole with a cloth, and fasten it with a tape. Let it simmer in a little water till tender; then lay it under a weight till quite cold. You may put in or round the veal, either pig's or calf's feet boiled, and boned, also the yolks of eggs, beet-root, grated ham, and chopped parsley.

To make a Porcupine of a Breast of Veal.

Bone a large breast, and rub over it the yolks of two eggs. Then spread the meat on a board, and lay over it some thin slices of bacon, a handful of parsley shredded fine, five hard-boiled eggs chopped small, a little lemon-peel cut fine, the crumb of a penny loaf soaked in cream; and season the whole with salt,

pepper, and nutmeg. Roll up the veal, and skewer it tight. Then cut some fat bacon, the lean of boiled ham, and some pickled cucumbers. With this, lard the veal in rows, according to the order last mentioned. Put the veal into an earthen pot, with a pint of water, cover it close, and set it in a slow oven for two hours. When done, skim off the fat, and strain the gravy into a stewpan, with the addition of a glass of white wine, a little lemon-pickle, caper liquor, and a spoonful of mushroom catsup. Thicken with butter rolled in flour; lay the veal in a dish, and pour the sauce over it. Make a forcemeat thus:—The crumb of a penny loaf, half a pound of beef-suet cut fine, the yolks of four eggs, and some chopped oysters. Mix the whole, and season with cayenne pepper, salt, and nutmeg. Lay it upon a caul, roll it up close, bind it in a cloth, and let it boil for an hour. When done, cut it into four slices, place one at each end, and the others on the sides. Cut the sweetbread in slices, fry them, and lay them round the veal with some mushrooms. This is a noble dish for the bottom of a table, when there is no game.

A Fricandeau of Veal.

Take a large piece of the fat side of the leg; beat it with a rolling pin; clear it of the skin, and pare away the rough edges; lard the top and sides; cover it with fat bacon, and lay over it some white paper. Put the meat into a stewpan, with any undressed veal or mutton that may be at hand; four onions, a sliced carrot, a bundle of sweet herbs, four blades of mace, as many bay leaves, and four or five ounces of lean ham or bacon. Cover the pan close, and let the whole stew slowly three hours; then take up the meat, clear off the fat, and boil the gravy to a glaze. While the fricandeau is hot, glaze, and serve it with the rest in the dish. Send up the sorrel sauce in a tureen. You may do this in a cheaper way, by cutting off the lean from the best end of a neck of veal, and preparing it as in the preceding directions. Three or four of the bones will make the gravy.

Another way.

Cut slices of a leg of veal half an inch thick, lard them with small cardoons, dish them with flour, put them before the fire to broil till brown; then put them into a tossing pan with a quart of gravy, and let them stew half an hour. Put in two tea-spoonsful of lemon pickle, as much browning, a slice of lemon, a little anchovy and cayenne, with a few morels and truffles. When tender, take them up, and thicken the gravy with flour and butter, strain it off, and pour it over the veal. Garnish with sliced lemon.

Bombarded Veal.

Cut out the bone of a fillet; make a forcemeat with the crumb of a penny loaf, half a pound of fat bacon scraped, a little lemon-peel, parsley, two or three sprigs of sweet marjoram, and one anchovy, all chopped, some grated nutmeg, cayenne pepper, and salt. Mix all these, together with an egg, and a little cream, and fill up the cavity from whence the bone was extracted. Cut the fillet across, in divisions about an inch asunder all round; fill one part with forcemeat, a second with boiled spinach well squeezed, a third with bread crumbs, chopped oysters, and beef marrow, and so on alternately. Having filled up all the divisions, fasten the caul over the fillet, and put it into a pot, with a pint of water, and cover it with a coarse paste. Then send it to the oven, and when done, skim off the fat, put the gravy into a stewpan, with a spoonful of lemon pickle, one of mushroom catsup, two of browning, half an ounce of morels, and five boiled artichoke bottoms quartered. Thicken the sauce with butter and flour; give it a gentle boil, and pour it upon the veal in the dish.

To make a Florentine of Veal.

Take two kidneys with the fat, mince them fine, and put to them some chopped herbs, with a few currants, an apple or two cut small, candied lemon or orange-peel, three or four hard yolks of eggs chopped fine, two or three grated biscuits, or some crumbs of bread, a little beaten mace, cloves, nutmeg, and salt, with a glass of white wine, and some orange-flower water. Mix the whole of these well; then lay a sheet of puff-paste at the bottom of a dish, put in the minced meat with the ingredients. Cover the whole with a crust, and bake it in a slack oven. When done, serve it up with sugar scraped over it.

Harrico of Veal.

Take the best end of a neck, cut the bones short, but leave the rest of the joint whole, put it into a stewpan, with brown gravy enough to cover it. While this is doing, stew in some good broth, a pint of boiled peas, six cucumbers pared and sliced, with two cabbage lettuces quartered. When done, put the whole together, and simmer ten minutes. Serve the veal and sauce in the same dish with the vegetables, and lay around forcemeat balls.

To hash Veal.

Put into a saucepan, some gravy, a little finely cut lemon-peel, and a tea-spoonful of lemon pickle. Set it over the fire, thicken it with flour and butter, and when it boils, put

in the veal cut into small round slices. Before it is done, add a spoonful of cream. Lay sippets of bread round the dish, and serve it up.

To make a Ragout of cold Veal.

Cut the meat into cutlets, put a piece of butter or dripping into a frying pan, and when hot, flour and fry the veal of a light brown; then take it out, and put into the pan some gravy or boiling water. Let it boil about a minute, and strain it into a basin, while you make some thickening as follows:—Put about an ounce of butter into a stewpan, and when it begins to melt, add as much flour as will dry it up. Stir the whole for a few minutes, and by degrees put in the gravy. Simmer for ten minutes, then season with pepper, salt, a little mace, and a glass of either mushroom catsup, or white wine. Strain this through a tammy to the meat, and stew it gently till it is thoroughly warmed. Some slices of ready dressed bacon will be an improvement.

To fricassee a Loin of Veal.

Take off the flap, cut the meat into steaks, and remove the fat at the thin end. Next flatten, and dip the steaks in the yolk of egg, strew over them crumbs of bread, season with pepper and salt, and fry them in beef-dripping till brown; then take them out, and lay them to drain, or put them in a dish, and set them in an oven for a little time. Lay some of the forcemeat on the flap, roll it up tight in a cloth, and stew it tender; then take it out, and set it to cool, after which, cut it into four ringlets, dip them first in the yolks of eggs, next in some bread crumbs, and fry them brown, lay the steaks in the middle of the dish, and the ringlets around them; then pour a white fricassee into the dish, garnished with lemon.

To fricassee cold Veal.

Having cut the meat in small pieces, stew them in a little soup made of the bones and sinewy parts, till well warmed through; then put in half a pint of cream, some butter rolled in flour, and season with beaten mace or nutmeg. Add thereto the yolk of an egg, and dish it up garnished as in the preceding.

Loin of Veal en Epigram.

Roast the joint, take the skin from the back part without breaking it, cut out the lean, but leave the ends whole, mince that and the kidney part small, put it into the gravy, add a little pepper and salt, lemon-peel, the yolks of three eggs, and catsup. Thicken with butter and flour. Shake it over the fire, put the meat into the vacuity of the loin, and draw the skin over it. Garnish with lemon and barberries.

Veal Olives.

Cut thin some slices of a leg of veal, about two inches broad and three in length. Spread them on a table, hack them with a blunt knife, lay some yolks of eggs on them, and then forcemeat over all. Roll them up tight, tie them with thread, rub them with more egg, strew bread crumbs upon that, and then fry them till brown in boiling fat. While this is doing, make a ragout with a pint of good gravy, a glass of white wine, pepper, mace, and a little ham or bacon cut fine, two shalots shredded, and half a lemon. Stew these gently ten minutes, strain the liquor through a sieve, skim off the fat, and return it again into the pan; add a sweetbread cut in pieces, artichoke bottoms chopped, forcemeat balls, truffles, morels, mushrooms, and a spoonful of catsup. Give the whole a boil, lay the olives in the dish, pour the ragout over them, and serve with a garnish of lemon.

The French way

Take two pounds of lean veal, some marrow, two anchovies, the yolks of a couple of hard eggs, a few mushrooms, some sweet marjoram, spinach, parsley, lemon-peel, salt, pepper, nutmeg, and mace finely beaten. Put upon the caul a layer of bacon, and another of the ingredients, roll the whole up, and roast or bake it. When done, which will be in an hour, cut it into slices, lay it in a dish, and pour good gravy over it.

Another method.

Cut six slices from a fillet of veal, half an inch thick, and as long and as square as you well can. Flatten them with a chopper, rub them with the yolk of an egg that has been beaten on a plate; cut some fat bacon very thin, and of the same size as the veal. Lay the one on the other, and rub it with a little of the egg. Make some forcemeat, and spread it over the bacon, roll up the slices tight, egg them again, add some crumbs of bread, then put the olives on a lark spit, and roast them for about three parts of an hour.

To mince Veal

Cut some cold veal very small, without chopping it, add thereto a little shredded lemon-peel, a small quantity of grated nutmeg, some salt, and four or five spoonsful of broth, milk, or water; simmer the whole gently with the meat, but without boiling, and put in a bit of butter rubbed in flour. Lay sippets of toasted bread round the dish.

Another way.

Cut the veal into thin slices, and next into square pieces;

then take a tea-cupful or more of gravy, put into it an onion and a little lemon-peel, a tea-spoonful of walnut catsup, as much browning, and thicken it with flour and butter, adding thereto a little pepper and salt. Strain the gravy when boiled smooth, put the veal into it, and shake it over the fire till thoroughly hot. Then pour the whole into a dish, over sippets of toasted bread, and serve it up garnished with sliced lemon. This may be done white, by using veal gravy instead of brown, and adding about a quarter of a pint of cream. Minced veal makes an excellent dish put into scallop shells, with bread crumbs, a little butter, and browned in a Dutch oven.

To dress Veal Cutlets.

Cut them about half an inch thick, flatten them with a chopper, and fry them in fresh butter or dripping. When brown on one side, turn them and do the other, continuing to do so till they are thoroughly done, which will be in about a quarter of an hour. Make some gravy by putting the trimmings into a stewpan, with a little soft butter, an onion, a roll of lemon-peel, a blade of mace, some thyme, parsley, and a bay leaf. Stew the whole over a slow fire for an hour; then strain it; put one ounce of butter into another pan, and when melted, mix with it as much flour as will dry it up. Stir this for a few minutes, then add the gravy by degrees, till the whole is mixed; boil it five minutes, then strain it through a sieve, and put it to the cutlets. Some browning may be added, together with mushroom or walnut catsup, or lemon pickle.

Another way.

Cut the veal into small pieces, beat them as before, dip them into egg beaten up with salt, and next in bread crumbs. Fry the cutlets till they are of a light brown in boiling lard; serve them with some gravy or mushroom sauce, and garnish with slices of ham, or rashers of bacon. Forcemeat or pork sausages form excellent accompaniments to a dish of veal cutlets.

Another way.

To as many cutlets of veal, have ready slices of streaky bacon, in lengths of about two or three inches. Fry the bacon till brown; then put it into a stewpan, and pour nearly the whole fat that comes from it on a plate. Then put in the cutlets, and fry them well on both sides; after which, lay them and the bacon together. Dust some flour into the frying pan, and put in about half a pint of gravy, with some mushroom and walnut catsup. Let it boil one or two minutes, keeping it stirred all the time. Strain it through a hair sieve into the stewpan, over the veal and bacon, squeeze in a little lemon juice, and season with white pepper.

Another way.

Cut the veal into slices, dip them into the yolk of egg, strew over them crumbs of bread, some sweet herbs, lemon-peel, and grated nutmeg, all finely mixed. Put the cutlets into a stewpan, and fry them with fresh butter. While doing, make some gravy, and when the cutlets are fried, take them out, and set them in a dish before the fire. Dust some flour into the pan, shake it round, put in the gravy with a little lemon juice, stir the whole together, and pour it over the cutlets. Garnish with sliced lemon.

Larded Veal Cutlets.

Cut the best end of a neck into chops, leave only a part of the long bone; lard, blanch, and stew them, and when done, drain and dry them. Place them round a dish, with green truffle or white mushroom sauce in the middle.

Cutlets à la Maintenon.

Cut the veal into slices of about three parts of an inch thick; beat them, and then rub both sides with egg. Next dip them into a mixture of crumbs of bread, parsley, thyme, marjoram, pepper, salt, and grated nutmeg. After this, put them into papers, which must be folded over them. In this state broil the cutlets, and when done, serve them with melted butter and catsup separately.

Other ways of dressing Cutlets.

Prepare them as before directed; fry them, and lay them in a dish; then dredge a little flour into the pan, and put in a bit of butter, brown it, and pour thereon two or three spoonsful of boiling water. Let it boil quick; season it with pepper, salt, and catsup, and pour the gravy over the cutlets. Or you may dress them in a Dutch oven, and serve them with melted butter and mushrooms. Another method is, to pepper, salt, and broil the chops, cut from a neck of veal. They eat well with herbs.

Cold Veal scalloped.

Mince the meat very small, and set it over a fire, with a little grated nutmeg, pepper, and salt; to which add a small quantity of cream. After remaining thus a few minutes, put it into scallop shells, fill them up with crumbs of bread and some butter, and brown them before the fire. A fowl may be done the same way.

Veal Collops.

Cut your meat into long collops, beat them well, lay on each a bit of bacon of the same size, and spread forcemeat

over all, seasoned high with garlic and cayenne. Having rolled your collops up tight, about the size of two fingers, and two or three inches in length, fasten them with skewers. Next rub them over with egg, fry them till they are of a nice brown, and serve them with a rich brown gravy.

To dress Collops quickly.

Cut them as thin as possible, and in small bits, throw the skin and fragments into water, with a little pepper and salt; set them over the fire, while the collops are beating; then wet these with egg, and dip them into a seasoning of herbs, bread crumbs, pepper, salt, and a little nutmeg. Put a bit of butter into a pan, and fry the collops very quick, on both sides, which will not take more than two minutes. Remove them from the pan into a hot dish, strain and thicken the gravy, give it a boil in the fryingpan, and pour it over the collops, with a little catsup.—Another way is, to fry them in butter; then let them simmer in white or brown gravy, and serve them with small slices of bacon. If the gravy is white, add cream, with lemon-peel and mace.

Scotch Collops.

Cut a joint of veal into thin round pieces, beat them with a rolling pin; then grate over them a little nutmeg, dip them in the yolk of an egg, and fry them in butter till they are brown. Pour the butter off, and warm it up to put over the collops, adding thereto half a pint of gravy, a little butter rolled in flour, the yolk of an egg, two spoonsful of cream, and a little salt. The sauce should not boil, but be kept stirring till of a sufficient consistence.

To dress Scotch Collops white.

Cut them from the thick part of the leg, and about the size of a crown-piece. Put a piece of butter into a tossing pan, and set it over a slow fire. Before the pan is hot, put in the collops, and keep them turned till the butter has acquired the thickness of gravy. Put your collops as they are done into a pot with the gravy, and set them before the fire, to keep warm while the rest are doing, taking care to put fresh butter into the pan every time you fill it. When the whole are fried, pour the gravy from them into the pan, with a tea-spoonful of lemon pickle, mushroom catsup, caper liquor, beaten mace, cayenne pepper, and salt. Thicken it with flour and butter, and when it has boiled five minutes, put in the yolks of two eggs well beat and mixed with a tea-spoonful of cream. Keep shaking the pan over the fire till the gravy is thick, then put in the collops, and shake them also. When hot, put them into a dish, with forcemeat balls, strew over

them pickled mushrooms, and garnish with barberries and kidney beans.

To dress Scotch Collops brown.

Brown the butter before the collops are laid in the pan, fry them over a quick fire, shake, turn, and keep on them a fine froth. When lightly browned, put them into a stewpot, and fry them as in the preceding way. As soon as all are fried, pour the gravy into a tossing pan, with half a pint of the gravy made of the bones, and bits from which the collops were cut, a tea-spoonful of lemon pickle, a table-spoonsful of catsup, as much browning, half an ounce of morels, half a lemon, a little anchovy, cayenne, and salt. Thicken this with flour and butter, and let it boil five or six minutes; then put in the collops, and shake them over the fire, but without suffering them to boil. After simmering a little, take them out, and lay them on a dish, strain off the gravy, and pour it hot over them, with forcemeat balls, and slices of boiled bacon curled round a skewer. Add some mushrooms, and garnish with lemon and cranberries.

French Collops.

Cut your collops tolerably thick from a leg of veal, rub them over with the yolk of an egg, add thereto some pepper and salt, grated nutmeg, and a little shredded parsley. Lay the collops on a dish, and set them before the fire, baste them with butter till they are browned; then turn them, and do the other side. When sufficiently done, make a brown gravy with truffles and morels. Serve up the collops with the truffles and morels, the yolks of hard eggs over them. Garnish with crisped parsley and lemon sliced.

Italian Collops.

Cut a fillet of veal into slices, lard them with bacon, and fry them brown; then put them into a dish; pour off the liquor, and substitute in its room four ounces of butter, with a spoonful of flour, and stir it well. When brown, put to it three pints of gravy, some sweet herbs, and an onion, but take out the two last quickly. Boil the rest, and then put in the collops, and stew them about eight or ten minutes. Add some fried forcemeat balls, and pickled mushrooms, truffles, and morels. Garnish with lemon.

Blanquet de Veau.

When a shoulder of veal has been served roasted, cut off what remains in pieces, and flatten them with the blade of a knife, pare off the brown skin, then mince the meat, thin some rich gravy, put in the veal, but do not let it boil, thicken with yolks of eggs, adding thereto some juice of lemon, and a

little butter. Parsley and young onions minced may be added at pleasure.

Another way.

Cut off the skin, and take out the sinewy parts of a roasted fillet, or part of it, and chop the meat small. Lay some butter in a stewpan, with onions; fry, and dust them with flour, and stir the whole well. Add some good gravy, a bundle of sweet herbs, season with spice, and put in the veal, with the yolks of two eggs beaten up with cream, and grated nutmeg, some parsley chopped, a shalot, and a little lemon juice. Stir it all one way, and when done, serve it up hot.

Pilaw of Veal.

Half roast a neck or breast of veal, cut it into six pieces, seasoned with pepper, salt, and nutmeg. Put into a pan, one pound of rice, a quart of stock, with some mace, and a little salt, and place it over a stove or slow fire till thick, and then add thereto the yolks of six eggs, taking care to stir the whole well together. Butter a deep dish, lay some of the rice at the bottom, place the veal upon it, cover it with rice, and wash the whole with the yolks of eggs. Bake it an hour and a half; then open the top, and pour in a pint of good gravy.

To boil Half a Calf's Head.

Cut it in two, and take out the brains, wash the head several times in cold, and lastly soak it in warm water ten minutes. Then put it into a stewpan with plenty of cold water, and as it boils, take off the scum. The head without its skin, will take from an hour and a quarter to two hours, according to the size; but otherwise a longer time. Boil tender eight or ten sage leaves, or parsley, and chop them fine. Wash the brains thoroughly, put them into a basin of cold water, with a little salt, and let them soak an hour. After this, cover them with hot water, and when skinned and cleaned, put them into a stewpan, with plenty of cold water, and on its boiling, remove the scum. Boil gently ten or fifteen minutes, then chop them, but not fine, put them into a saucepan with the sage or parsley, and two table-spoonsful of thin melted butter, and a little salt, to which may be added at pleasure, lemon juice, mushroom catsup, and cayenne, stir them well together, and as soon as they are well warmed, skin the tongue, trim off the roots, and put it into the middle of the dish, with the brains round it. Or, you may chop the brains, with a shalot, a little parsley, and four hard-boiled eggs, putting thereto a quarter of a pint of white sauce. The usual accompaniments of a calf's head, is a pig's cheek, a knuckle of bacon, or pickled pork, with greens, brocoli, cauliflowers, or peas, and always parsley and butter. If it

is to be full dressed, score it slightly, rub over it some yolk of egg, and powder it with minced savory, thyme, parsley, pepper and salt, and bread crumbs. Brown the whole in a Dutch oven, and sprinkle over it melted butter.

To dress a Calf's Head two ways.

Clean it, parboil one half, and rub over it the beaten yolk of an egg. Strew thereon some pepper, salt, thyme, parsley chopped, shredded lemon peel, grated bread, and a little nutmeg. Stick bits of butter over all, and send it to the oven. Boil the other half of the head in a cloth, and serve both in the same dish. The brains should be boiled in a cloth, with parsley, and a leaf or two of sage. When done, chop them small, and warm them up in a saucepan, with butter, pepper, and salt. Boil the tongue, peel it, and then lay it in a small dish, with the brains round it. In another dish place pork or bacon, and in a third, greens and carrots.

To boil a Calf's Head.

Clean it well, and soak it in water, take out the tongue for salting, and the brains for a separate dish. Boil the head tender, strew over it crumbs of bread, with chopped parsley, and either give the whole a browning, or leave one side plain. Serve with bacon and greens. Boil the brains, and bruise them with melted butter, chopped sage scalded, pepper, and salt. The remains of the head will make a good hash, with some slices of bacon. The cold head is also good when grilled.

To stew a Calf's Head.

Scald off the hair, clean it well, split it in two, take out the brains, boil the head white and tender, separate part of the meat from the bone, and cut it in pieces, with the tongue, dredge it with flour, and let it stew over a slow fire, for about half an hour, in white gravy made of veal, mutton, and a little bacon, seasoned with pepper, salt, onion, and mace. Strain this off, and thicken it with butter rolled in flour. Take off the other part of the head in one entire piece, stuff it with forcemeat, roll it like a collar, and stew it tender in gravy; then put it in the middle of a dish, with the hash of the other part round it. Garnish with forcemeat balls, and cakes made of the brains dipped in butter and fried. Truffles may be added, with morels and wine.

Another way.

Wash, and pick the head clean, let it soak for an hour, take out the brains, the bones, tongue, and eyes. Make a forcemeat with a pound of veal, half as much beef suet, a little sweet marjoram, some grated nutmeg, chopped lemon

peel, and one anchovy; grate two stale rolls, and mix all these with two eggs, pepper, and salt. Save enough of the forcemeat to make a dozen balls, put the rest into the head, tie it close, and put it into a stewpan, with two quarts of gravy, a blade or two of mace, and an onion. Cover the pan close, and let it stew two hours. In the mean time, beat up the brains, with lemon peel cut fine, a little chopped parsley, some grated nutmeg, and the yolk of an egg. Boil some dripping, and fry therein half the brains in cakes, with the balls. Set them by the fire, strain the gravy of the head, put into it some mushrooms, truffles, and morels; boil the whole, thicken with flour and butter, pour it into the dish, lay round the cakes and balls, and serve the whole up hot.

To make a Calf's Head hash.

Clean it thoroughly, and parboil it for a quarter of an hour. When cold, cut the meat into thin broad slices, and put them into a tossing pan, with two quarts of gravy. After stewing it three quarters of an hour, add a little beaten mace, and cayenne, two tea-spoonsful of lemon pickle, half an ounce of truffles and morels, a slice or two of lemon, some sweet herbs, and a glass of white wine. Mix four ounces of butter with flour, and put it into the pan, a few minutes before the head is done. Put the brains into hot water, beat them fine in a basin, with two eggs, a spoonful of flour, a little lemon peel shredded fine, and some parsley chopped small; and as soon as these are well blended, strew in some pepper and salt, then drop them in little cakes into a pan of boiling lard, fry them of a light brown, and lay them on a sieve to drain. Take out the hash, and lay it in a dish, strain the gravy on it, and lay forcemeat balls, the yolks of four hard eggs, and the brain-cakes over all. Garnish with lemon or pickles.

A Fricassee of Calf's Head.

Clean and parboil half a head, cut the meat very small, and put it into a large tossing pan, with gravy made of the bones, the water it was boiled in, sweet herbs, an onion, and a blade of mace. Add also, if you have them, some young cockscombs, first boiling them tender, and blanching them, or, instead of these, you may use a sweetbread. Season with pepper, nutmeg, and salt, rub together some flour and butter, give the whole a boil, take out the herbs and onion, put in a small cupful of cream, but without letting it boil. Serve with bacon rolled, and forcemeat balls.

To dress a Calf's Head.

Take a large head, scald the hair off clean, and raise the skin. Scrape a pound of fat bacon, and take the crumbs of

two penny loaves, with a small nutmeg grated, and some salt, cayenne, and shredded lemon peel, the yolks of six eggs well beaten, and make the whole into a forcemeat, with which stuff the head. Have ready a deep pot, with two quarts of water, half a pint of white wine, two spoonsful of lemon pickle, as much walnut and mushroom catsup, one anchovy, a blade or two of mace, a bundle of sweet herbs, salt, and pepper. Lay a coarse paste over it to keep in the steam, and set it in a quick oven for two hours and a half. When done, put the head into a soup dish, skim the fat off the gravy, and strain it into a tossing pan. Thicken it with butter rolled in flour, and when it has boiled a few minutes, put in the yolks of six eggs, well beaten and mixed, with half a pint of cream, but without suffering it to come to a boil. Have ready some boiled forcemeat balls, and half an ounce of truffles and morels, and serve them with the head.

The Dutch way of dressing a Calf's Head.

Split the head, and lay it in water all night to draw out the blood, chop off the nose, and take out the loose bone, the eyes, and the brains. Steep a quarter of a pint of split peas in water all night, add to them three-quarters of a pound of rice, and lay the whole round the head, with two quarts of water, and a seasoning of pepper and salt. Colour it with some saffron, and put it into an oven.

MUTTON

In boiling large joints of mutton, care is to be taken that they are not over-done, for then they will be dry and insipid. If under-done, what remains will make a good hash, or boil the next day; besides which, many persons prefer mutton in that state, on account of the richness of the juices. In roastings, be mindful to preserve the fat with paper.

To boil a Leg of Mutton.

Cut off the shank bone, and trim the knuckle, put it into warm water for ten minutes, wash it clean, cover it with cold water, simmer gently, and be particular in skimming the surface frequently. Serve it with caper sauce, potatoes, and turnips.

Leg of Mutton with Cauliflowers and Spinach.

Cut the joint in the manner of venison, and boil it in a cloth. Next take three or four cauliflowers, and boil them in milk and water, after which, part them in sprigs, and stew them with butter, pepper, salt, and a little milk. Then stew some spinach, and put thereto a quarter of a pint of gravy,

with a little butter and flour. When done enough, put the mutton in the middle of a dish, the spinach round it, and the cauliflower over all. The butter in which the cauliflower was stewed must be melted smooth like cream, and poured upon the meat.

To roast a Leg of Mutton.

A leg of eight pounds weight will take from one hour and three-quarters to two hours, according to the time it has hung. Let it be well basted and frothed. Serve with onion or currant-jelly sauce, or plain melted butter, and such vegetables as are in season.

To dress a Leg of Mutton to eat like Venison.

The leg should be large, fat, and cut out like a haunch, as soon as killed. Take out the bloody vein, pierce the under side with a knife, pour over it a bottle of red wine, turn it in the same four or five times every day, for near a week; then dry it well with a cloth, hang it up in the air, with the knuckle end downwards, for five days more, dry it perfectly, and when about to dress it, lay over it paper and paste. It will take four hours roasting. Serve it with venison sauce.

To force a Leg of Mutton.

Raise the skin, and take out the lean part, chop it fine with an anchovy; then make a forcemeat with sweet herbs shredded, a grated penny loaf, half a lemon, a nutmeg, pepper, and salt, three eggs, and a glass of red wine. Fill up the skin with the forcemeat, but leave the bone and shank, and it will appear like an entire leg. Lay it on an earthen dish, with a pint of red wine under it, and bake it. When done, which will be in two hours and a half, take off the fat, strain the gravy over the mutton, and lay round it hard eggs and pickled mushrooms. Garnish with pickles.

Leg of Mutton à la haut gout.

Take a leg of mutton that has hung a fortnight, stick it all over with cloves of garlic, rub it with pepper and salt, and then roast it. When done, put thereto some good gravy and red wine in the dish.

Roasted Leg of Mutton and Oysters.

Stuff a leg of mutton, that has hung two or three days, with oysters; then roast it. Serve it with good gravy. Cockles may be used instead of oysters.

To roast a Saddle of Mutton.

Skin it, and split the tail; then skewer it down at each end, paper it all over, and put it down to the fire, which

must be very clear and brisk. A saddle of middle size will take an hour and a half in roasting. A little before it is done, baste it with butter, and dredge it to raise a froth. Serve it up with the gravy in the dish.

To dress a Haunch of Mutton

Keep it as long as it will remain sweet, and wash it well with milk and water, or vinegar if necessary. Previous to dressing it, wash it perfectly clean, to take off the mustiness. Lay a coarse paste over it, or some strong paper, and set the meat at first some distance from the fire. About half an hour before serving it up, take off the coating of paste or paper, baste the haunch repeatedly, and bring it nearer to the fire, to receive a froth. Make a gravy of a pound and a half of old mutton, simmered in a pint of water till reduced one half, and season it with salt; then brown it with some burnt sugar, and send it up in the dish. Serve the haunch with currant jelly separately.

Neck of Mutton.

The bones should be cut short, and the best end may be either boiled or roasted. The scrag should be stewed in broth, or in a very little water, with onions, pepper-corns, and rice. When an entire neck is to be boiled, saw down the chine bone, strip the ribs half way, and chop off the ends to the length of about four inches. Take off the skin when it has boiled, which will give a sweetness to the fat. The superfluous fat should be taken off, and it will make an excellent pudding, or serve for the crust of a savoury pie.

To roast a Shoulder of Mutton.

One of seven pounds weight will take an hour and a half. Run the spit in close to the shank, and pass it along the blade bone, which last will make a good relish for supper, scored, peppered, salted, and broiled, or done in a Dutch oven. Serve with onion sauce.

A Shoulder of Mutton en Epigram.

Roast the shoulder till it is nearly done, then take off the skin, about the thickness of a crown-piece, and also the shank bone. Season both these with pepper, salt, a little lemon peel cut small, sweet herbs, and bread crumbs. Lay the meat on the gridiron till it is brown, then cut the other part, as for a hash, in very small pieces. Put the gravy to it, with a few spoonsful of stock, some nutmeg, half an onion cut small, a bundle of herbs, pepper, and salt, some gherkins cut fine, a few mushrooms, two or three truffles, two spoonsful of wine, and a little flour. Stew these slowly, without boiling, five or six minutes, take out the herbs, pour the hash

into a dish, with the broiled meat upon it. Garnish with pickles.

To boil a Shoulder of Mutton with Oysters.

Hang up the joint some days, then salt it well for two more, bone it, and sprinkle it with pepper and mace powdered, lay over it some oysters, roll up the meat tight, and fasten it. Stew it in a close pan with a little water, an onion, and some pepper-corns, till it is tender. Make a little good gravy, and stew some oysters in it, thicken it with flour and butter, and pour the whole over the mutton.

A Shoulder of Mutton called Hen-and-Chickens.

Half roast it, then cut off the blade at the first joint, with both flaps. Score the blade in diamond squares, throw over it some pepper and salt, and put it into a Dutch oven. Cut the flaps and meat off the shank in slices, and put the gravy of the mutton into a stewpan, with some good gravy, two spoonsful of walnut catsup, one of browning, a little cayenne, and one or two shalots. When the meat is tender, thicken the gravy with flour and butter, put it into the dish, and lay the blade over all. Garnish with green pickles.

To dress a Breast of Mutton.

Take off the superfluous fat, roast the meat, and serve it with stewed cucumbers, but if it is to be eaten cold, cover it with chopped parsley.

Another way is, to parboil the breast, and then grill it before the fire, covered with crumbs and herbs. Serve it with caper sauce. Or if the breast is boned, take off most of the fat, cover it with bread crumbs, herbs, and seasoning; then roll and boil the meat, and serve it with chopped walnuts, or melted butter and capers

To grill a Breast of Mutton.

Score it in diamonds, rub over it the yolk of an egg, strew thereon some bread crumbs and minced parsley, put it in a Dutch oven, and baste it with fresh butter. Pour into the dish some caper sauce, and serve it up.

To roast a Loin of Mutton.

Put it on a skewer or lark spit, and then fasten it to a larger one, to avoid spoiling the joint. To brown the ends, lengthen the fire, and occasionally stop the spit, so that the joint may be done equally throughout. A loin of moderate size will take an hour and a half, or a quarter more.

To stew a Loin of Mutton.

If the mutton is old, bone it, take off the skin and inside fat. Stew it in gravy till it is brown. Put into the stewpan,

with the meat, two anchovies, and half a clove of garlic. Stew these gently till the mutton is tender. Half an hour before taking up, add a few spoonsful of port wine, and some catsup. Take off the fat, and thicken with butter and flour, or serve with venison sauce

To roll a Loin of Mutton.

Let it hang till tender, bone it, and season with pepper, allspice, mace, nutmeg, and cloves, all finely powdered. Next beat the meat, and cover it with stuffing, similar to that for a hare. Roll it up tight, and half bake it in a slow oven; when cold, take off the fat, and put the gravy into a stew-pan, with the meat floured. Stew it till nearly done, and then add a glass of port wine, some catsup, an anchovy, and a little lemon pickle, half an hour before serving, which must be in the gravy, and with currant jelly sauce. Some fresh mushrooms may be added, unless the meat is to eat like hare, when these and the lemon should be omitted.

To roast a collared Loin of Mutton.

Clear the fat from the upper, and the meat from the under side, of a loin of mutton. Bone, and season it with pepper and salt, shalot and sweet herbs, chopped small. Roll it up tight, and roast it gently. While dressing this part, par-boil that taken from the under side, then mince it, put it into half a pint of gravy, and when the mutton is ready, pour it hot into the dish. An hour and three-quarters will roast a loin in this way.

To broil Mutton Chops.

Cut them about half an inch thick, and if from the loin, take off the skin, and part of the fat. Let the gridiron be hot, and then having rubbed it with suet, put on the chops, and keep them turned very quick. Take great care to prevent the fat from raising a smoke, and therefore it will be advisable to hold the gridiron in a slanting position. When done, lay the chops on a hot dish, rub them with butter, slice a shalot very thin into a spoonful of water, and pour it on them, together with a spoonful of catsup. Serve them hot, with horse-radish and pickles.

To fry Mutton Chops.

Take them from the neck or loin, cut off nearly all the fat, beat them well, rub them with yolk of egg, and then strew over them crumbs of bread, grated nutmeg, pepper, salt, chopped parsley, thyme, and lemon peel, all powdered. Fry them brown, and serve them with crisped parsley. Veal chops may be done in the same way.

To stew Mutton Steaks.

Either cut them from the best end of a loin, or the middle part of a leg, season with pepper and salt, lay them in a stewpan with sliced onions, and cover them with water and gravy. When done on one side, turn them, and thicken the gravy with flour and butter. Add at pleasure a little shalot or catsup, or both. Twenty or twenty-five minutes will be sufficient for a longer time will make them tough.

Mutton Steaks à la Maintenon.

Half fry them, and then put them into a hot stewpan, with herbs, bread crumbs, and seasoning. Take them out, lay them on paper, and put them again on the gridiron, taking care that the paper does not catch the fire, to prevent which, rub it first with butter.

French Steaks made of a Neck of Mutton.

Take off most of the fat, and then cut the steaks two inches thick, make a large hole through the middle of the fleshy part, and stuff it with forcemeat made of bread crumbs, beef-suet, nutmeg, pepper, and salt, mixed with the yolk of an egg. When stuffed, wrap the steaks in writing paper buttered, and put them into a Dutch oven, to broil for an hour. When done, put some brown gravy into the dish, and serve them up in the papers.

Mutton Chops in the Portuguese manner.

Half fry them, with sliced onions or shalots, a bay leaf or two, chopped parsley, salt, and pepper; then place forcemeat on a piece of writing paper for each, and cover the chop with more of the same. Twist up the paper, leaving a hole for the bone; then broil it on a gentle fire, and serve with sauce-Robert, or gravy.

Mutton Chops in disguise.

Rub them with pepper, salt, nutmeg, and parsley; then roll each chop in white paper, well buttered on the inside, and close the ends. Boil some lard or dripping in a stewpan, and put the chops into it. Fry them brown, then take them out, and drain off the fat. Lay them in a hot dish, and serve with gravy in a sauceboat. Garnish with horse-radish and fried parsley.

Mutton Chops and Cucumbers.

Cut cucumbers into quarters, sprinkle them with salt, and pour some vinegar over them. Fry the chops brown, and lay them in a stewpan, drain the cucumbers, and put them over the steaks, with sliced onions, pepper, and salt. Pour hot

water or broth on them, and stew them well, taking care to skim the surface all the time.

Mutton Collops.

Cut from that part of a loin which is next the leg, some thin collops. Take out the sinewy parts, season the rest with salt, pepper, and mace, and strew thereon parsley, thyme, and shredded shalots. Fry them in butter till half done; then add half a pint of gravy, a little lemon juice, and a piece of butter rolled in flour. Simmer the whole gently five minutes. Serve them hot.

To broil Mutton Cutlets.

Cut them from a neck or loin, trim, and broil them over a stove, till they are equally browned. Then season them with white pepper and salt. Lay the cutlets round a hot dish, with sauce in the middle, and serve them up.

To hash Mutton.

Cut ready-dressed mutton, into thin slices, fat and lean; flour them; boil a small onion in a little water, add to it some gravy, with the seasoned meat, and heat the whole without boiling. Serve in a covered dish. If instead of an onion, you take a clove, with a little currant jelly, and half a glass of port wine, the meat will have the flavour of venison. Pickled cucumber or walnut may be warmed in the hash for a variety.

To ragout Mutton.

Cut from a leg of mutton, some thin slices, the right way of the grain, and pare off the skin and fat. Put a little butter into a stewpan, shake some flour over it, add thereto some slices of lemon, half an onion cut small, a bunch of sweet herbs, and a blade of mace. Put these with the meat into the pan, and stir them five or six minutes, after which, add half a pint of gravy, with an anchovy minced, and a little butter rolled in flour. Stir the whole well, and when it has stewed about ten minutes, serve it up, garnished with pickles and lemon.

Haricot of Mutton.

Cut the middle or best end of the neck into steaks, put the fat of the same into a pan with flour; then fry them of a light brown, take them out, and lay them on a dish, while you do the carrots, turnips, and sliced onions in the same manner. Put the steaks into a stewpan, with the vegetables over them, and cover the whole with boiling water. Let them boil up, skim, and set the pan by the side of the fire to simmer gently till tender. Take off the fat, and season the gravy with pepper, salt, and catsup.

Another way.

Cut a neck or loin of mutton or lamb, into steaks, and fry them of a light brown; then make some good gravy with a scrag of mutton, veal, lean bacon, and capers. Season with pepper, salt, thyme, and onions, strain these off, and pour the liquor over the steaks. Stew them on a slow fire, and serve them with turnips and carrots, cut into small dice. Thicken the gravy with butter and flour.

Mutton bekobbed.

Take the fat and skin from a loin of mutton, joint it completely, mix some grated nutmeg, with salt and pepper, bread crumbs and herbs, dip the steaks in the yolk of an egg, and sprinkle the mixture over them. Next place them together as they were before their separation, tie them, and fasten them on a small spit. Roast them before a quick fire, set a dish under them, baste them with butter and the liquor produced by the meat, and throw some more of the seasoning over them. When done, take up the mutton, have ready half a pint of good gravy, and put into it two spoonfuls of catsup; rub down with it a tea-spoonful of flour; give the whole a boil, and pour it over the mutton, after skimming off the fat. Garnish with pickles.

LAMB.

To boil a Leg of Lamb.

One of five pounds should simmer gently for about two hours, from the time it is put into cold water. Send up with spinach, brocoli, and cauliflowers, and for sauce parsley and butter.

Leg of Lamb boiled, and the Loin fried.

Separate the one from the other, boil the leg according to the size, cut the loin into steaks, beat them with a chopper, and fry them till brown; then stew them a little in strong gravy. Lay the leg in the dish, and the steaks round it. Pour on the gravy, place spinach and crisped parsley on each steak, put some gooseberry sauce into a boat, and garnish with lemon.

To roast a Leg of Lamb.

This should be kept some time after being killed, and when to be roasted, put it before a clear brisk fire. One of five pounds will take from an hour to an hour and a half, or forty minutes, to do it well. On putting it down, sprinkle it with salt, and baste it, and when nearly done, dredge some flour over it. Serve it with green mint sauce, and a salad.

Leg of Lamb and Cucumbers.

Butter and salt the joint immediately after putting it on the spit; then paper it, and when done, give it a glaze. Lay the cucumbers in the dish, and the lamb upon them.

To roast a Hind Quarter of Lamb.

One of eight pounds will take from an hour and three-quarters, to two hours; before taking it up, baste it with butter, and raise a froth with flour.

A Quarter of Lamb forced.

Take a large leg, cut a slit on the back part, take out the meat, and chop it small with marrow, half a pound of beef-suet, oysters, an anchovy, an onion, sweet herbs, lemon peel, beaten mace, and nutmeg. Pound all these in a mortar, stuff the leg into its former shape, sew it up, and rub it all over with yolk of egg. Spit the lamb, flour it, lay it to the fire, and baste it with butter. It will take an hour and better. While roasting, cut the loin into steaks, season them with pepper, salt, nutmeg, lemon peel cut fine, and dry herbs. Fry them brown in fresh butter, which must be poured off when done, and in its place, a quarter of a pint of white wine substituted, shake it well, and then add half a pint of strong gravy, in which some spice has been boiled, a quarter of a pint of oysters with their liquor, some mushrooms, and a spoonful of mushroom pickle, a piece of butter rolled in flour, and the yolk of an egg beat fine. Stir these till thick, then lay the leg of lamb in the dish, the loin round it, and the sauce over them, garnished with lemon.

To roast a Fore Quarter of Lamb.

Cover it with paper, to prevent it from being scorched. If it is large it will take an hour and a half; but a few minutes before it is done, take off the paper, baste, and dredge it with flour, raise up the shoulder, lay a piece of butter under it, with a little salt; then send the lamb to table, with gravy in the dish, and mint sauce in a boat. If the lamb is to be eaten cold, chopped parsley should be thrown over it. The neck and breast together are called a scoven. In serving up a quarter of house lamb, it is customary to cut off the shoulder, and to pepper and salt the ribs. The accompaniments are salad, brocoli, potatoes, and mint sauce.

To roast a Shoulder of Lamb.

A shoulder of lamb of moderate size will take roasting from three-quarters of an hour to an hour. When done, put good gravy into the dish, with the lamb, and serve mint sauce in a boat.

Shoulder of Lamb and Sorrel Sauce.

Take out the blade-bone, and fill up the vacancy with forcemeat. Sew it up, and put it into a braise, and then set it over a stove to simmer slowly. When done, glaze it, put the sorrel into the dish with the lamb on it.

Shoulder of Lamb grilled.

Roast it till three parts done; then take it up, and score it into small diamonds. Season with salt, and common pepper, or cayenne. Broil it till nicely browned, and serve with a good coulis under it, to which add two spoonsful of catsup, some lemon juice, and butter, placing, over all, thin slices of lemon.

To roast Ribs of Lamb.

Take off the chine bone, skin it, and cut the scrag off the neck, crack the ribs in the middle, place skewers crosswise, and put the spit under them. Baste the lamb with butter several times, and just before taking it up, flour and salt it. Put gravy in the dish, garnish with cresses, and send up mint sauce in a boat.

To fry a Loin or Neck of Lamb.

Cut it into chops, rub both sides with the yolk of an egg, and sprinkle some grated bread over them, mixed with parsley, thyme, marjoram, winter savory, and lemon peel, all chopped fine. Fry them in butter till brown, and garnish with parsley.

Hashed Lamb and broiled Blade-bone.

Cut the blade-bone from the shoulder, score, pepper, and salt it, put it on a small dish, and pour over it some oiled butter, then set it in an oven till warm through. Divide the other part of the shoulder into collops, put some coulis sauce into a stewpan, make it hot, and add to it a little mushroom catsup, with half a spoonful of shalot vinegar. Then put in the collops, set them by the side of a stove, but without suffering them to boil. When the blade-bone is taken from the oven, put it on a gridiron to brown, after which, place it in the middle of the dish, and the hash round it.

To boil Grass Lamb.

Take it as a general rule, to allow a quarter of an hour to every pound, and to serve it up with spinach, carrots, cabbage, or brocoli.

To dress Lamb Steaks.

Let them have a fine brown, and on serving them, throw over them plenty of fried bread crumbs and crisped parsley. Or, you may season, and broil them in buttered papers, with or without crumbs and herbs. Serve with Robert sauce

Lamb Chops.

Cut a neck into chops, rub them over with the yolk of an egg; then strew upon them crumbs of bread, mixed with pounded cloves, mace, white pepper, and salt. Fry them brown, and lay them round a dish, filling the centre with stewed spinach, cucumber, or sorrel.

To dress House Lamb Steaks.

If they are to be done white, stew them in milk and water, with a bit of lemon peel, a little salt, pepper, and mace. Put the steaks in some gravy; then mix mushroom powder, with a cup of cream and a little flour. Shake the steaks in this, and let the whole get quite hot. Previous to taking up the steaks, add a few white mushrooms. To dress the steaks brown, season them with pepper, salt, nutmeg, grated lemon-peel, and chopped parsley; but dip them first in egg, and fry them quick. Thicken some gravy with flour and butter, and add thereto a little port wine and some oysters. When warm, put the steaks therein, let them heat up, and then serve with balls or eggs.

Lamb Chops en Casserole.

Cut up a loin of lamb, lay yolk of egg on each side, strew over them bread crumbs, cloves, pepper, and salt, fry them of a light brown, and put them round a dish, with the sauce in the middle, consisting of sweet herbs and parsley shredded, and stewed in thick gravy. Garnish with fried parsley.

An excellent dish of Lamb.

Cut the best end of a neck into steaks, and chop each bone short. Do them over with egg, and then strew thereon crumbs of bread and herbs, with pepper and salt. Fry them brown, mash some potatoes with butter and cream, and put the same into the middle of the dish, with the steaks duly ranged around it.

To dress Lamb's Head.

Wash it clean, extract the black part of the eyes, and throw aside the gall. Lay the head in warm water, boil the lights, heart, and part of the liver, chop them, and toss them up in a saucepan, with gravy, catsup, pepper, salt, lemon juice, and a spoonful of cream. Boil the head white, lay it in the middle of the dish, and the mincemeat round it. Fry the rest of the liver, and place it with some bits of bacon on the minced meat, and the brains fried in small cakes, and laid round the dish, with crisped parsley between them. Pour over the head melted butter, and garnish with lemon.

Another way.

Boil the head and pluck tender, cut the former across in several places, grate some nutmeg over it, and lay it in a dish before the fire. Take crumbs of bread, dry sweet herbs, lemon peel, pepper, and salt, baste the head with butter, throw a little flour on it, next chop half the liver, heart, lights, and tongue, and put to them about a gill of gravy or water. Shake some flour over the meat, stir all together, put into the gravy some butter rolled in flour, pepper and salt, and what has been drawn from the head in the dish. Simmer these a few minutes, and add thereto half a spoonful of vinegar. Pour the gravy into the dish, lay the head in the middle of the mincemeat, and the rest of the liver with some boiled bacon round it. Garnish as before.

Another way.

Boil the head by itself, and divide it; then mince the liver and lights. Take about half a pint of the liquor they were boiled in, and thicken it with butter and flour, adding a little catsup, vinegar, salt, and pepper. Put in the brains and the mince, and let it stew a short time. Next rub the head with egg, strew over it crumbs of bread, with chopped parsley, and brown it in a Dutch oven. Serve it with the mince round it. The heart may be broiled or minced, at pleasure.

Lamb's Head minced.

Divide it in two, and blanch it, with the liver, heart, and lights; clean the brains in warm water, dip them in the yolk of an egg, grated bread, and chopped parsley, seasoned with pepper and salt, and whilst the head is doing, fry them in lard, and drain them. Chop the heart, liver, and lights, add to them some parsley and lemon peel, and then stew them in white gravy. Do the head over with egg, strew thereon grated bread, season as before, and bake it gently. When brown, serve it with the mincemeat under, and the brains round it, adding to the whole some broiled rashers of bacon.

To stew Lamb's Head.

Wash, and pick it clean, lay it in water for an hour, take out the brains, bones, and tongue, and throw away the eyes. Next take two pounds of veal, and as much beef-suet, a little thyme, lemon peel minced, nutmeg grated, and two anchovies. Mix these together, grate two stale rolls, and with four yolks of egg make forcemeat, saving enough to form twenty balls. Peel and wash half a pint of fresh mushrooms, chop six hard eggs, stew half a pint of oysters, or pickled cockles, mix them, and put to them two quarts of gravy, and a blade

or two of mace. Tie up the head, cover it close, and let it stew two hours. Beat up the brains, with lemon peel cut fine, some chopped parsley, a little grated nutmeg, and the yolk of an egg. Make them into cakes, and fry them in boiling dripping, with the balls. Next take half an ounce of truffles and morels, and a few mushrooms, and boil them; then put in the remainder of the brains, and stew them for a minute or two. Pour the whole over the head, lay the fried brains and balls round it, and garnish with lemon.

To dress Lamb's Feet with Asparagus Peas.

Take twelve scalded feet, remove the worm from the hoof, loosen the skin and gristles, put them into cold water, and let them boil till the shank will draw out, without breaking the skin. Put them into a stewpan, peel two lemons, and, having sliced them, lay them over the feet, with sliced bacon, and paper upon that. Pour into the pan half a pint of gravy, with the feet, and let the whole simmer half an hour. When done, set the feet aside, and in the mean time boil up the asparagus peas, with a little stock, till reduced to a glaze. Add some white sauce and cream, take up the feet, and lay them round a dish, with the peas in the middle.

To dress Lamb's Rumps and Ears.

Scald them clean, put them into a pint of veal stock, and braise them till half done. Take the rumps up, brush them over with the yolk of an egg, strew upon them some grated bread, and broil them. In the mean time, stew the ears till the liquor is nearly reduced. Add some coulis, and stew them till tender. If intended to be served with white sauce, proceed as before, adding thereto some egg.

PORK.

In dressing pork, whether by boiling or roasting, particular care is to be taken that it is sufficiently done, for if not, it will be both unpalatable and unwholesome. Every joint should be well wiped, and that which is intended for roasting, sprinkled with salt, before it is put to the fire.

To roast a Leg of Pork.

Cut a slit near the knuckle, and fill the space with sage and onion well chopped, and a little pepper and salt. When half done, score the skin in regular stripes, about a quarter of an inch apart, but avoid going deep. A little oil brushed over the skin, will keep it from blistering, and make it crisp. When done, serve it with apple sauce and potatoes. Take

care not to put the meat too near the fire. A leg of eight pounds will require about three hours.

To roast a Leg of Pork without the skin, called Mock Goose.

Having parboiled the leg, take off the skin, and then put it down to roast, baste it with butter, and when nearly done, sprinkle it with a powder made of dry sage, ground black pepper, salt, and grated bread, rubbed together through a cullender. You may add a minced onion to the mixture. Put half a pint of gravy into the dish, and goose stuffing under the skin of the knuckle, or garnish with balls of it either fried or boiled.

Another way.

Salt a small leg of pork, and let it lie two or three days; then wash it out of the brine, score the skin in the form of diamonds, about a quarter of an inch asunder; next take four onions chopped small, a little sage rubbed fine, pepper, and a very small quantity of salt; raise up the skin in the thick part, and having forced in the stuffing, skewer it up close. Roast it at a brisk fire, and serve it with apple sauce.

To boil a Leg of Pork.

Let it lie in salt eight or ten days, and before it is dressed, soak it in cold water half an hour. Allow a quarter of an hour to every pound, and half an hour additional from the time it boils up. Skim the pot frequently, and take care that it has plenty of water, some of which, when done, may be saved for pea soup. Some cooks boil a leg of pork in a floured cloth, to give it a white appearance. Serve it with peas pudding, and turnips or parsneps.

Another way.

Wash, and scrape the joint clean, but do not let it boil fast, otherwise the knuckle will be over-done, when the thick end is scarcely warm through. A leg of seven pounds will take about three hours, simmering slowly. Skim the top frequently, and when the meat is done, scrape it clean. Some cooks score the skin in diamonds, taking out every other square. The best way of cutting a leg of pork is, at the knuckle. Serve with peas pudding, parsneps, carrots, turnips, greens, or mashed potatoes.

To roast a Chine, Neck, or Loin of Pork.

The chine should be parted down the back-bone. Cut the rind in scores, lay the joint to a good clear fire, and when done, (which, if it is twelve pounds weight, will be in three hours,) put gravy into the dish, and some sage round the edge. Serve as the preceding. Chines of pork are commonly salted and boiled.

Leg of Pork à la Bousson.

Boil for ten minutes a leg of pork that has lain in salt three or four days; then take it up, skin, split, and put it to the fire. About half an hour before it is done, shake over it crumbs of bread, baste it with butter, put on more crumbs, and repeat the process till it is brown. Then take it up, lay under it some sage, an onion chopped fine, and boiled in gravy, and serve with apple sauce.

To dress a Loin of Pork to eat like Wild Boar.

Cut a loin of pork as for chops, but leave the end bones whole. Lay some minced sage between the cuts, and soak the meat in an equal quantity of vinegar and water, for ten or twelve days. Then put in more sage, tie it up close, and bake it with the rind downward in vinegar and water. When done, serve it up in its gravy, first skimming it clear, and adding a little sugar and red wine; or the pork may be eaten with sweet sauce.

To dress Fillet of Pork with Robert sauce.

Bone a neck or loin of pork, cut off the rind, put some stock into a stewpan, with fat, lay in the meat, cover it with sage and onions, sprinkle it with salt, and place the rind over it. Stew it three hours, drain off the fat, and put the sauce into the dish.

To dress a Pork Griskin.

Put it into as much cold water as will cover it, and let it boil; then take it off, and lay it in a Dutch oven, where it will be done in a few minutes. You may stuff it with sage and onions. Rub butter and flour over it, before it is put down to the fire. A griskin of seven or eight pounds will take an hour and a half roasting, in the common way.

To dress a Blade-bone.

This should be boiled, and before taking it off, peppered and salted. Put to it a piece of butter, with a tea-spoonful of mustard, and serve it hot, and covered.

To broil Pork Steaks.

Cut them off the neck or loin, of the thickness of half an inch. When the gridiron is hot, rub it with suet, lay the steaks thereon, and keep turning them quickly, taking care that no fat drops from them into the fire to raise a smoke, which may be prevented in some degree by holding the gridiron sloping. When done, put some good gravy to them, and, that they may have an agreeable flavour, strew over them a little dry sage pulverized.

To dress a Spare-Rib.

This usually weighs about eight or nine pounds, and will take roasting from two to three hours, according to the thickness of the meat upon it. A bald spare-rib, however, of eight pounds will be done in an hour and a quarter. Be careful not to place it to a fierce fire, and, before putting it down, joint it well, and crack the ribs across. Lay the thickest end next the grate. Immediately afterwards dust on it some flour, and baste it with butter. Next take twelve dry leaves of sage, rub them through a hair sieve, put them into the top of a pepper box, and, about a quarter of an hour before the meat is done, baste it with butter, and throw the powdered sage over it, or instead of this you may sprinkle it with duck stuffing. Serve with apple sauce, and mashed potatoes.

Some people carve a spare-rib by cutting out in slices the thick part at the bottom of the bones, by which means these are easily separated, and by many are preferred.

To dress Pork as Lamb.

Take a young pig of four or five months old, cut up the fore-quarter as you would that of a lamb for roasting, and truss the shank up close. The other parts will make good pickled pork, steaks, or pies.

To scald a Sucking Pig.

A young pig should be killed the same day it is dressed, in order to be eaten in perfection. As soon as dead, put it into cold water for a short time; then rub it over with a little rosin pounded very small, and lay the pig in scalding water half a minute. On taking it out, pull off the hair as fast as possible, and if any remains, put the pig again into the water. When clean, wash it first in warm water, and next in cold, to clear it from the rosin. Cut off the feet at the first joint, slit down the belly, take out the entrails, and put the liver, heart, and lights with the feet. Wash the pig well in cold water, dry, and fold it in a wet cloth.

To roast a Sucking Pig.

Put into the belly some sage, bread crumbs, salt, and pepper, sew it up, and skewer the legs back. Lay it to a brisk fire to dry; then rub it with butter on a dry cloth, dredge over it as much flour as will lie on it. Next scrape the flour off with a blunt knife, rub it well with the buttered cloth, take off the head while at the fire, clear out the brains, and mix them with the gravy produced by the pig. When done, take it up, and while on the spit, divide it down the back, lay it in the dish, chop the sage and bread fine, mix them with

melted butter, and a little flour, put the sauce to the pig, and garnish with the ears and jaws. Take off the upper part of the head down to the snout. Observe, in roasting the pig, that the ends must have more fire than the middle, for which purpose, there is a good contrivance called a pig-iron, to hang before that part; but where that is not at hand, a common flat iron may be used instead of it. A good stuffing is made of the crumb of a small stale loaf, about five ounces, a handful of sage minced, and a large onion shredded small, both par-boiled before they are cut, mixed with an egg, pepper, salt, and a little butter. Salad oil is better than butter for basting. Some serve roasted pig with currant sauce. A pig of three weeks old will take an hour and a half. In the west of England, a sucking pig is always served to table entire, if small; and if large, with the head as garnish.

To bake a Pig.

Stuff it with parboiled sage and onion. Put it into a dish well buttered, flour it all over, rub it with butter, and send it to the oven. When done, take it out, rub it over with a buttered cloth, and put it into the oven to dry; then lay it in a dish, and cut it up. Strain the fat from the dish, add some veal gravy, with butter rolled in flour, and boil it with the brains. Pour the whole into a dish, and mix therewith the sage with which the pig was stuffed. Serve it hot with apple sauce and mustard.

To barbeque a Pig.

Prepare it as for roasting. Make a forcemeat of two anchovies, six sage leaves, and the liver, all chopped fine, pound them in a mortar, with the crumb of a roll, four ounces of butter, half a spoonful of cayenne, and half a pint of red wine. Put this composition into the belly of the pig, and sew it up. Lay the pig before the fire, but at some distance, singe it well, put some more wine into the pan, and baste it often. When half done, put under it two rolls, and, if wanted, some more wine. Just before it is done, take out the bread and sauce, and put to it an anchovy chopped small, some sweet herbs, and half a lemon. Boil it a few minutes, take up the pig, strain the sauce, and pour it on boiling hot. Garnish with barberries and sliced lemon. A leg of pork may be done the same way.

Pig au Pere Duillet.

Cut off the head, quarter the body, lard it with bacon, and season with salt, pepper, nutmeg, cloves, and mace. Lay some fat bacon at the bottom of a kettle, put the head in the middle, and the quarters round it. Take a bay leaf, a shredded onion, a lemon, some carrots, parsley, and the liver, and cover these with bacon. Stew the whole for an hour in

a quart of stock, and take it up, put it into a stewpan, pour thereto a bottle of wine, cover all close, and simmer gently for another hour. Skim the fat off the first gravy, and strain it, then take a sweetbread cut into slices, some truffles, morels, and mushrooms, and stew the whole. Thicken with yolks of eggs, or butter rolled in flour, and when the pig is done, take it out. Put the wine in which it was stewed into the sauce, pour it over the pig, and garnish with lemon. If to be eaten cold, let it stand; drain, and wipe it; then lay it in a dish, the head in the middle, and the quarters round it, with some parsley over all. Either of the quarters will make a neat dish of itself.

Method of roasting a Pig, as practised in the Kitchen of Queen Anne.

Put some sage into the belly of the pig, sew it up, roast, and baste it with butter, and sprinkle it with salt. When fine and crisp, serve it with a sauce made of chopped sage and currants, well boiled in vinegar and water, with the brains and gravy of the pig, some grated bread, barberries, and sugar, thoroughly mixed, and heated over the fire. Or, fill the belly with a pudding made of grated bread, a little minced beef-suet, the yolks of two or three raw eggs, three or four spoonsful of cream, and a little salt. Sew it up, lay the pig before the fire, and baste it with yolks of eggs beaten thin. A few minutes before you take it up, squeeze over it the juice of a lemon, and strew thereon bread crumbs, pepper, nutmeg, ginger, and salt. Make a sauce with vinegar, butter, and the yolks of hard eggs minced and boiled together, with the gravy of the pig.

Another old way of dressing a Pig.

Instead of scalding the pig, draw, and wash it, then put it on the spit, with the hair on. When about a quarter roasted, take off the skin entire, with the hair, score with a knife the flesh down to the bone, and baste it well with fresh butter and cream, both warm; dredge on a plentiful quantity of crumbs of bread, currants, sugar, and salt, all mixed together. Keep on basting and dredging alternately, till the pig is covered about an inch. When done, serve it up whole, with the usual sauce.

To dress Pettitoes, or young Pig's Feet.

Boil them with the heart, liver, and lights, but take these out after they have been in the stewpan ten minutes, and mince them small, leaving the feet till tender. Then split them, thicken the gravy with flour and butter, put in the mincemeat, a little mace, a thin slice of lemon, and some salt. Give these a gentle boil, then lay sippets round the dish, pour in the mincemeat, and place the feet in the middle

Another way.

Scald two or three sets of feet, with the plucks; then take them up, and put them into a stewpan, with half a pint of water, two shalots, a little parsley and sage chopped fine; season with a blade of mace, a little grated nutmeg, some white pepper, and salt; and when nearly done, and the liquor consumed, mince the pluck, and put to it the feet, with white gravy, two tea-spoonsful of lemon pickle, a table-spoonful of white wine, some cayenne, and salt. Stew the whole till tender, and serve with sippets of bread.

To roast a Porker's Head

Clean a fine young head, and stuff it with bread and sage; then suspend it by a string or hanging jack, and serve it with the ordinary sauce.

To dress a Pig's Cheek.

Cut off the snout, clean the head, and divide it, taking care to pick out the eyes and brains. Sprinkle the head with salt, and let it drain twenty-four hours. Let it lie in common salt and saltpetre eight or ten days, if it is to be dressed without stewing with peas, but otherwise a less time will serve. Before it is boiled, wash it well, and let it simmer.

To dress Pickled Pork.

Wash, and scrape it clean; then boil it till the rind is tender, and serve it with peas pudding, or such vegetables as are in season.

To boil Bacon.

Soak it in warm water an hour or two, pare off the rusty part, scrape the rind, and then let it boil gently in cold water three-quarters of an hour. Clean the under side well, and take off the rind, grate a crust of bread all over it, and put it before the fire for a few minutes. Two pounds of bacon will take about an hour and a half boiling, but the gammon will require a longer time.

To boil a Ham.

A very dry Westphalia ham must be soaked according to its age and thickness, from twelve to twenty-four hours, but a north-country ham will not require more than eight hours at the most. The water should be lukewarm. When soaked enough, trim it well on the under side, and pare off all the rusty and smoked parts. In boiling, let it have plenty of room, and put it in when the water is cold. Skim it well, and keep it simmering gently. A ham of middling size, or fifteen pounds, will take about four or five hours, according to its thickness; but if it is not to be cut till cold, the better way will be to boil it a little longer. Be careful, in taking off

the skin, to preserve it whole for a covering to the ham. When removed, rub some raspings of bread, and dredge them over the ham. Trim the knuckle with writing paper. Garnish with spinach or turnips.

Another way.

If the ham has hung long, lay it in water all night, afterwards put it into a hole dug in the earth, or on damp stones sprinkled with water, and cover it with a tub. At the end of two or three days, wash it well, and put it into a kettle of boiling water; let it simmer four, five, or six hours, according to the size. When done, take off the skin, and strew raspings of bread over it. Garnish with carrot.

To roast a Ham.

Take off the skin, and soak the ham in lukewarm water two or three hours. Put it into a pan, pour over it a bottle of white wine, and let it steep ten or twelve minutes. When spitted, lay four or five sheets over the fat side, pour the wine into the pan, and baste the ham all the time it is roasting. As soon as it is done, take off the paper, and dredge it well with crumbled bread and parsley. Brown the ham before a brisk fire, and, if it is to be served hot, garnish with raspings of bread; if cold, with parsley.

Lord Blaney, in his Travels in Spain, speaks rapturously of a ham boiled in champagne.

VENISON.

To roast a Haunch of Venison.

If it is of a buck, and of large size, the haunch will take four hours, or a smaller one three hours and a quarter, but that of a doe will require a quarter of an hour less. All venison should be rather under-done. Take a large sheet of clean writing paper, butter it, sprinkle it with salt, and place it over the fat; then lay thereon a coarse paste, and with it cover the haunch, which must be set at some distance from the fire. Baste it repeatedly, and ten minutes previous to serving, take off the paper, place the meat nearer the fire, and baste it well with butter and flour to raise a froth. The best gravy for venison is that made from the joint itself, but if not sufficient, stew a scrag or part of a loin of mutton for the purpose, till a quart is reduced to a pint. Season it with salt alone, and serve with currant-jelly sauce in a boat.

A neck or shoulder of venison may be done in the same way.

To boil a Haunch of Venison.

Let it lie a week in salt, then boil it in a floured ciote, allowing a quarter of an hour for every pound. For sauce, boil in milk and water some cauliflowers pulled into sprigs, with white cabbage, and turnips cut into dice, and beet-root sliced. First lay a sprig of cauliflower and some of the turnips mashed with cream and butter, next the cabbage that has been beaten in a saucepan with a little butter and salt, then cauliflower, and so on till the dish is full. Intermix the beet-root here and there, to variegate the appearance. Serve with melted butter. A neck may be done in the same manner, and both will eat well the next day hashed, with gravy and sweet sauce.

To stew a Shoulder of Venison.

Let it hang some days, then take out the bone, beat the meat with a rolling-pin, lay some slices of mutton fat, that have been previously soaked some hours in port wine, about it, sprinkle a little pepper and allspice pounded over it, roll it up tight, and fasten it securely. Put the meat into a stew pan that will just hold it, with some weak mutton or beef gravy, half a pint of port, some more pepper and allspice. Cover it close, and let it simmer slowly three or four hours, stewing the bone with it. When done, unbind the meat, place it in a dish, and strain the gravy over it. Serve with sweet sauce. If the shoulder is very fat, it is best roasted as the haunch.

To hash Venison.

Slice the meat, and warm it through, without boiling, in its own gravy, or in any other that is unseasoned. If there is no fat left from the preceding dinner, that of mutton may be substituted, by setting it over the fire with a little port wine and sugar, and letting it simmer till dry; then put it to the hash, and it will not be distinguishable from the fat of venison.

To broil Venison Steaks.

Cut some chops from the best end of a neck, trim them, but leave the fat. Do not put them on the gridiron till the rest of the dinner is served up, season them with pepper and salt, have the dish hot, and send up the gravy separately.

To fry Venison.

If it is a neck or breast of venison, bone it, but if it be a shoulder, cut off the meat in slices. Make some gravy with the bones, then fry the meat till brown, take it up, and keep it hot before the fire. Put butter and flour in the pan, and keep the whole stirring till thick and brown, taking care that it does not burn. Stir in half a pound of fine sugar powdered,

and put in the gravy produced by the bones, with some port wine. Give the whole the consistence of cream, squeeze thereto the juice of a lemon, warm the venison in it, put it in a dish, and pour the sauce over it.

To dress a Fawn.

It should be cooked almost as soon as killed, and when very young, trussed, stuffed, and spitted as a hare. But a fawn is best when of the size of a house lamb, in which case it is roasted in quarters, of which the hind is in most request. Put it to a quick fire, and either baste it continually, or lay over it slices of fat bacon. When done, baste it with butter, and dredge it with salt and flour, to raise a froth.

The Umbles of Deer

Take a deer's kidney with the fat of the heart, season them with pepper, salt, and nutmeg, fry, and stew them in gravy till they are tender, add a little lemon juice, stuff the skirts with forcemeat made of the fat of the venison, and some of bacon, grated bread, pepper, mace, sage, and onion, mixed with the yolk of egg. Tie the stuffed skirts to the spit, and roast them, after strewing over them thyme and lemon peel. When done, lay them in the middle, and the fricassee round them

POULTRY AND GAME.

In dressing poultry, be careful to remove all the stubs or feathers, and to singe off the hair with white paper. Wild fowl in particular require a clear brisk fire, and they should be done so as to have a fine light brown colour, but the gravy must be left in, otherwise much of the flavour will be lost. Domestic fowls demand more roasting, and are longer in heating through than the others. Both kinds will call for continual basting, to give them an attractive appearance.

Geese and ducks should have a brisk fire, and be kept continually turning; hares and rabbits also demand constant attention, and that they may not appear bloody in the neck when sent to table, the skin in that part should be cut when half roasted.

To boil a Turkey.

Large turkeys ought by no means to be dressed till three or four days after killing them, and in very cold weather, they should be kept six or eight days. Previous to being cooked, draw out the strings or sinews of the thighs. Put into the crop, and fasten well, a stuffing made of bread, sweet herbs,

salt, pepper, nutmeg, lemon peel, oysters, or an anchovy, a little butter, suet, and an egg.

Boil the turkey slowly, and as the scum rises, remove it carefully, for should it attach to the fowl, there is no getting it off again. To prevent this, some persons boil the turkey in a cloth, which is a bad practice, and injures both the flavour and colour. A small turkey will require an hour and a half, a large one two hours or more. When done, pour over it some oyster sauce, enriched with butter, cream, and soy or liver, and lemon sauce. The hen turkey is best for boiling.

To roast a Turkey.

Though it is the general practice of trussing turkeys with the legs close together, and the feet cut off, it is better to extend them on each side of the bird, with a skewer through each foot, and the toes cut off.

Prepare a stuffing by mincing a quarter of a pound of beef-suet or marrow, as much of the crumbs of bread, two drachms of parsley leaves, a drachm and a half of sweet marjoram or lemon thyme, and as much of grated lemon peel, an onion or shalot chopped fine, some grated nutmeg, pepper, and salt. Pound these ingredients with the yolk and whites of two eggs, then stuff the composition under the breast, where the craw was taken out, but make some of it also into balls, and fry or boil them, and lay them round the dish. Score the gizzard, dip it into the yolk of an egg or melted butter, sprinkle it with salt, and a little cayenne; then put it under one pinion, and the liver, covered with buttered paper, under the other. On putting the turkey down to the fire, dredge it with flour, then baste it with butter melted in a ladle; but keep it at a distance from the fire for the first half hour, then place it nearer, till it plumps up, and the steam is drawn out, upon which, dredge it lightly with flour, and baste it with butter as before, to raise a froth on the surface. A very large turkey will take three hours, one of about eight or ten pounds two hours, and a small one about an hour and a half. Fried pork sausages are sometimes placed round a turkey, which is then called an alderman in chains. Sausage meat may also be substituted for stuffing.

Pulled Turkey.

Take a cold turkey, and skin it, cut off the fillets from the breast, and lay them with the other white meat, wings, and side bones, in a stewpan, pour therein a pint of broth, add a large blade of mace pounded, a shalot minced fine, the juice of half a lemon, and a roll of the peel, salt, and cayenne pepper, thicken it with flour and butter, and simmer for two or three minutes. Then score the legs and rump, strew over them pepper and salt, broil them till brown, and lay them

round the breast of the turkey. Three table-spoonsful of cream, or the yolks of three eggs, will form a pleasant addition to the dish.

To stew Turkey

Bone it, and into the carcase put a ragout of large livers, mushrooms, and bacon, all chopped small, salt, spicery, parsley, and onions shredded. Sew up the turkey, put a thin slice of bacon on the breast, and wrap it in a cloth. Stew it in a pot, with broth, a glass of white wine, and some sweet herbs. When done, strain the liquor into a stewpan, and make a sauce by adding thereto a spoonful of gravy. When the turkey is served up, take off the bacon, and clear away the grease.

Turkey à la Daube.

Bone a turkey, and then stuff it with the following forcemeat. Chop oysters, and mix them with crumbs of bread, pepper, salt, shalots, thyme, parsley, and butter. Having filled the turkey, sew it up, tie it in a cloth, and boil it white. Serve it with oyster sauce.—Another way of doing this, is to make a gravy of the bones, with some veal, mutton, and bacon, seasoned with salt, pepper, shalot, and mace. Strain it off, and having parboiled the turkey, stew it in the gravy half an hour. The liquor must be well skimmed, then thickened with mushrooms stewed whole, stewed palates, forcemeat balls, sweetbread, or fried oysters, and pieces of lemon. Dish the turkey in the gravy, with the breast upwards, and add at pleasure truffles and morels.

Turkey with a Ragout.

Stuff the turkey in the common way, and when boiled, add a ragout made of sweetbreads, with three eggs beaten up in gravy and cream. Let the whole simmer five minutes, and season with salt, lemon juice, and cayenne pepper.

To hash Turkey.

Take off the skin, and cut the flesh into pieces, put them into a stewpan, with a pint of gravy, a tea-spoonful of lemon pickle, a slice of the end of a lemon, and some beaten mace. When it has boiled about six or seven minutes, put it into the dish; then thicken the gravy with flour and butter, mix the yolks of two eggs with a spoonful of cream, add them to the gravy, and shake the pan over the fire till it is quite hot, but without boiling. Strain, and pour it over the turkey, lay sippets round, serve it up, and garnish with lemon and parsley.

To boil Fowls.

Chuse such as are black-legged. Cut off the heads, necks, and feet. Fasten the ends of the legs with skewers to their

bodies, and tie them round with a string. After singeing, dust them with flour, put them into a kettle with cold water, cover it close, and set it on the fire. As soon as the scum begins to rise, take off the kettle, and after clearing the surface, put it on again. Boil the fowls gently twenty minutes; then take them off, and set the kettle on one side to keep them warm a little longer. Serve them up with parsley and butter, or with oyster, lemon, liver, or celery sauce. Ham, tongue, or bacon usually accompanies boiled fowls at table, with greens.

To boil Fowls with Rice.

Stew a fowl slowly in clear mutton broth, with onion, mace, pepper, and salt. About half an hour before taking it up, put in a quarter of a pound of rice well soaked. Simmer till tender, strain it off, and put it on a sieve before the fire. Lay the fowl in the middle of a dish, and the rice round it. Serve it with gravy, or parsley and butter.

To roast Fowls or Capons.

To eat tender, they should be killed at least two days before they are dressed. You may judge of their ripeness for the spit by the ease of pulling out the feathers. The same general directions are to be followed as in roasting a turkey, only a full-grown fowl will take no more than an hour and a quarter, one of a middling size an hour, and a chicken from thirty to forty minutes. Pork sausages fried are a good accompaniment, or the fowl may be stuffed with the same ingredients as a turkey, in which case the neck and rump must be tied close. Some persons add the liver to the forcemeat, and others rub it up with flour and butter to thicken and enrich the gravy. If the liver is not so appropriated, put it under one pinion, and the gizzard, after scoring it, and dipping it in melted butter, with cayenne and salt, under the other. Cover these appendages with paper buttered. Let your fowl be well browned.

To broil a Fowl

Cut it open down the back, wipe the inside, season it with pepper and salt, and set the gridiron at a good distance over the fire. Egg the fowl, and strew some grated bread over it; then lay it with the inside downwards on the gridiron, and broil it till brown, taking care that no part is burnt. Place it on a hot dish, and serve with pickled mushrooms, or mushroom sauce thrown over it, or parsley and butter, or melted butter and catsup. Garnish with slices of lemon.—Another method is, by cutting a fowl in quarters, putting them on a bird-spit, tied to a large one, and half roast them, or half roast

a whole fowl, and then lay it on a gridiron. If not cut before, it must be split down the back, when put on the gridiron.

To hash Fowls.

Cut up the fowl, and put it into a pan, with half a pint of gravy, a tea-spoonful of lemon pickle, a little catsup, and a slice of lemon. Thicken it with flour and butter, and add a spoonful of cream just before it is served up. Lay sippets in the dish, and pour the hash over them.

Davenport Fowls.

Hang up young fowls for a night. Make a stuffing of the livers, hearts, and the softest parts of the gizzards shred small, with half a handful of young clary, one anchovy for each fowl, an onion, and the yolks of four hard eggs, pepper, salt, and mace. Stuff the fowls, and sew up the vents and necks, boil them in salt and water till near done, drain, and put them into a stewpan, with sufficient butter to brown them. Serve them with melted butter, and catsup in the dish.

To dress a Fowl for a small dish.

Take a young fowl, bone, and wash it; make a forcemeat of four ounces of veal, two of lean ham scraped, the same of fat bacon, two hard yolks of eggs, some sweet herbs chopped, two ounces of beef-suet, a little lemon peel minced very fine, one anchovy, salt, pepper, and a small quantity of cayenne. Beat these in a mortar, with a tea-cupful of bread crumbs, and the yolks and whites of three eggs. Stuff the fowl, draw the legs and wings inwards, and tie the neck and rump close. Stew the fowl in white gravy, and when tender, add a cupful of cream, with some butter and flour, let it boil, and on serving it up, squeeze therein some lemon juice

To force a Fowl.

Pick a large fowl clean, split it down the back, and take off the skin, cut the flesh from the bones, and chop it with half a pint of oysters; then add thereto one ounce of beef-marrow, and some pepper and salt. Mix these with cream, lay the meat on the bones, draw the skin over it, and sew up the back. Lay thin slices of bacon on the breast, and fasten them with packthread. Roast the fowl for an hour. Make a good brown gravy sauce, pour it into the dish, take off the bacon, and serve up the fowl with mushrooms, oysters, or pickles.

To braise a Fowl.

Truss it as for boiling, with the legs in the body, cover it with a layer of fat bacon in thin slices, wrap it first in beet leaves, and next in a caul of veal; then put it into a saucepan, with

three pints of water, a glass of Madeira, a bunch of sweet herbs, two or three blades of mace, and half a lemon. When tender, take it up, and skim off the fat. Thicken the gravy with flour and butter, strain it through a sieve, add a pint of oysters, and a tea-spoonful of cream. Keep shaking the pan over the fire, and when it has simmered a short time, serve up the fowl with the bacon, beet leaves, and caul on, pouring the sauce over the whole. Garnish with barberries and slices of beet root.

To boil Chickens.

After drawing them, lay them in skimmed milk for two hours, next truss and singe them, dust them with flour, and cover them close in cold water, setting the pan over a slow fire. Remove the scum, and boil gently five or six minutes; then take them off, but keep them in the water closely covered half an hour, which will make them plump and white. Before serving them, set them on the fire to warm thoroughly; then drain, and pour over them the following sauce. Take the heads and necks of the chickens, with a small portion of the scrag of veal, or some pieces of mutton, put them into a saucepan, with one or two blades of mace, some black pepper corns, an anchovy, a head of celery, a slice of lemon, and some sweet herbs. Put these in a quart of water, cover it close, and let it boil till it is reduced to half a pint. Strain, and thicken it with a quarter of a pound of butter mixed with flour, and let it boil five or six minutes. Add two spoonfuls of mushrooms, and a mixture of the yolks of two eggs, with a tea-cupful of cream, and some grated nutmeg. Put in the sauce, and keep shaking it over the fire, till it nearly boils; then pour it into boats, and serve up with the chickens.

To roast Chickens

Singe, dust, and baste them with butter. When done enough, froth them, and lay them in a dish. Serve them up with parsley, and butter poured over them, and gravy and mushroom sauce separately. A good-sized chicken will take half an hour, and a smaller one twenty minutes.

To stew Chickens.

Parboil them in as much water as will cover them, take them out, cut them in pieces, and clear the breast bones. Put them into a stewpan, with the liquor, and add thereto a blade of mace, and some salt. Cover the pan close, and set it over a slow fire. When done enough, pour the whole into a dish, and send it to table.

To fricassee Chickens

Take four young chickens, quarter them, and strip off the skin, keep the breasts as large as possible, lay them in warm

water to blanch, stew them, and have ready a white fricassee, all but the eggs, and lay the chickens in it. Stew them a short time, and before serving, add the yolks of two eggs.

Another way.

Boil a couple of chickens, somewhat more than half, in a little water, set them to cool, then cut them up, and simmer them in some gravy made of the former liquor, with the addition of a little veal or mutton, some onions, mace, and lemon peel, white pepper, and sweet herbs. When tender, keep them hot while the sauce is preparing as follows:—Strain off the liquor, and return it into the pan with salt, a little nutmeg, flour, and butter, give the whole a boil, and when you are about to serve, beat up the yolk of an egg, add half a pint of cream, and stir them over the fire till barely hot. The egg may be omitted, and the gravy may be made of the trimmings alone.

To broil Chickens.

Split them down the back, season them with pepper and salt, and lay them on a gridiron high over a clear fire. When the insides are about half done, turn them, and take care that the fleshy parts do not burn. Let them broil till brown. Serve them with gravy sauce, and mushrooms, and garnish with slices of lemon, and the livers boiled, also the gizzards cut, slashed, and broiled with pepper and salt.

To hash Chickens.

Cut cold ones into pieces, and make some gravy with the long bones, onions, and spicery. Flour the chickens, and put them into the gravy, with white pepper, salt, nutmeg, and grated lemon peel. When the whole comes to a boil, stir in an egg, and mix therewith a little cream. Squeeze some lemon juice into the pan, pour all the contents into a dish, add some crumbs of bread, brown them with a salamander, and serve to table.

To fry Chickens.

Divide them into quarters, and rub them with the yolk of an egg; then strew over them some crumbs of bread, pepper, salt, nutmeg, lemon peel grated, and chopped parsley. Fry them in butter, and when done, put them before the fire in a dish. Make a sauce of some gravy, thickened with flour, and put therein a little cayenne, mushroom powder, or catsup, and a little lemon juice. Having heated this mixture, pour it over the chickens, and serve them up.

To pull Chickens.

Take off the skin, and pull the flesh from the bones of a cold fowl. Dredge these pieces with flour, and fry them till

they are brown. Drain off the butter, and simmer the rest in a good gravy, well seasoned, and thickened with flour and butter. Add thereto the juice of half a lemon.

Another way.

Cut off the legs and the back of a dressed chicken, pull the white part into flakes clear of the skin, toss it with some cream, thickened by the addition of a little butter and flour, half a blade of mace in powder, white pepper, salt, and lemon juice. Cut off the neck end, and broil the back, side bones, and legs, all well seasoned. Put the hash in the middle, with the back thereon, and the two legs at the end.

Chicken Curry.

Cut up the chickens immediately after picking and singeing them, slice some onions, and fry both in butter till of a fine brown colour; but if the chickens have been dressed before, then fry only the onions. Divide the joints into two or three pieces each, and put them into a stewpan, with some veal or mutton gravy, and a clove or two of garlic. Simmer till the chickens are tender. Half an hour before serving, rub smooth one or two spoonsful of curry powder, with one of flour, and an ounce of butter, and add this to the stew. Lastly, squeeze into the dish a little lemon. Next prepare some rice, by washing and straining it, cover it with boiling water, add a little salt, stir it well, and boil quickly, but let it not become soft. When sufficiently swelled, drain off the water, set it before a fire, and let it stand till dry. Blanched almonds pounded should be added, and the whole, with the rice, served separately.

Another method.

Cut up a young fowl, and take off the skin, roll each piece in flour, mixed with half an ounce of curry powder. Slice two or three onions, and fry them in butter of a light brown. Then add the meat, and fry all together, till it begins to brown, put the whole into a stewpan, and just cover it with boiling water. Simmer gently two or three hours. If it is too thick, put in more hot water, about half an hour before it is served. If the chicken has been dressed before, broth will be preferable to water.

Veal, turkey, or rabbit will also make excellent curry.

To braise Chickens.

Bone, and fill them with forcemeat. Lay the bones and trimmings in a stewpan, and the chickens on them. Add a few onions, some herbs, three blades of mace, a pint of stock, and one or two glasses of sherry. Lay upon the chickens

slices of bacon, and put over them white paper, cover the whole close, and put them on a slow stove for two hours. On taking them up, strain the braise, and remove the fat, set it on to boil, till it comes to a glaze. Put the chickens into an oven for a few minutes, and on taking them out, brush them with the glaze. Serve with a brown fricassee of mushrooms.

Another way.

Lard two fine chickens, season them with pepper, salt, and mace; then make alternate layers of bacon, veal, and beef, and add a ragout of veal sweetbreads.

Chickens Chiringrate

Flatten the breast-bones of two chickens with a rolling pin, taking care not to break the skin. Flour, and fry them in butter till they are brown, and then drain off the fat. Lay a pound of gravy beef, and as much veal cut into slices, over the chickens, with some mace, cloves, whole pepper, an onion, sweet herbs, and a slice of carrot. Pour in a quart of boiling water, cover the pan close, and let it stew a quarter of an hour. Take out the chickens, and keep them hot, boil the gravy till it is rich, strain it off, and return it to the pan, with two spoonsful of port wine, and mushrooms. Serve them hot, with the sauce, and some ham.

To make a dish of ready-dressed Turkey, or Fowls.

Cut them in quarters, beat up one or two eggs, with some grated nutmeg, pepper, and salt, minced parsley, and crumbs of bread. Mix these well together, and cover the fowl with it; then broil, or put them into a Dutch oven, or you may fry them of a light brown in hot dripping. Thicken some gravy with flour, put a spoonful of catsup thereto, lay the fry in a dish, and pour the sauce round it. Garnish with slices of lemon, and toasted bread.

Ragouts of Poultry.

Half roast a fowl, and either stew it entire, or divide it into pieces, and put the same into a stewpan, with a pint and a half of broth or water, to which may be added the trimmings of fowls, or the parings of meat, one large onion with cloves stuck in it, twelve berries of allspice, as many of black pepper, and a roll of lemon peel. When it boils, skim it clean; then let it simmer gently for about an hour and a quarter, if it is a fowl or a duck, but longer if a larger bird. Strain off the liquor, and set the fowls by the fire. Put into a clean pan two ounces of butter, and when it is hot, stir in as much flour as will give it the consistence of paste. Add the liquor gradually, let it boil, put thereto a glass of port wine, and

some lemon juice, simmer the whole ten minutes, strain it over the fowl, and serve it up.

To roast a Goose.

Having well picked, singed, and cleaned the goose, stuff it, but not full, with about two ounces of onion, and one of green sage chopped fine. If raw onions are considered too strong, cut them in slices, and lay them in cold water about two hours, or you may add thereto an equal quantity of apple, with a tea-cupful of bread crumbs, a little pepper and salt, and the yolk of one or two eggs, all well blended. Some cooks increase the stuffing by the addition of half the liver parboiled. When you have spitted the goose, fasten it tight at both ends to prevent its swinging, and to keep in the stuffing. A full grown goose will take from an hour and a half to two hours. Serve it up with the gravy and apple sauce. Geese are called green till they have attained the age of four or five months. In dressing these, season with pepper and salt, omitting the sage and onion. A goose of this description will take, in the roasting, from forty to fifty minutes. Serve with gooseberry sauce.

To boil a Goose.

After singeing, pour over the goose a quart of boiling milk, and let it stay therein all night. On taking it out, dry it with a cloth. Cut an onion small, with some sage, stuff the goose, sew up the neck and vent, and hang it up by the legs, till the following day; then put it into a pot of cold water, covered close, and boil gently for an hour. Serve with onion sauce. In some parts of Devonshire, they parboil the goose in a cloth, and having wiped it dry, put it upon a spit, and complete the cookery by roasting in the ordinary way, though the latter process does not take up above half the time.

To ragout a Goose.

Take off the skin, and plunge the goose into boiling water; then break the breast-bone, season it with pepper, salt, a little pounded mace, lard, and flour it all over. Next lay a pound of beef-suet into a stewpan, and when it boils, put the goose therein. As soon as it is brown, pour in a quart of beef gravy boiling hot, some sweet herbs, a blade of mace, a few cloves, some whole pepper, two or three small onions, and a bay leaf. Cover the pan close, and stew gently over a slow fire. A small goose will take an hour, but a large one an hour and a half. For the ragout, boil some turnips and carrots cut small, with three or four sliced onions; then put them, with half a pint of beef gravy, into a saucepan, add some pepper, salt, and a piece of butter rolled in flour. Let them stew

about a quarter of an hour. When the goose is done, take it out, drain off the liquor, put it into a dish, and pour the ragout over it.

Goose à la Mode.

Skin and bone a goose, boil and peel a tongue, do the same with a fowl, and season it with pepper, salt, and mace, after which roll it round the tongue. Season the goose also, and lay the fowl and tongue on it, with slices of ham between both. Beef marrow intermixed will be a great improvement. Put the whole into a stewpan, with two quarts of beef gravy, the bones of the goose and fowl, sweet herbs, and an onion. Cover the pan close, and stew it an hour gently. When you take up the goose, skim off the fat, and strain it; then put in a glass of port wine, two spoonsful of catsup, a sweetbread cut small, some truffles, mushrooms, and morels, a lump of butter rolled in flour, pepper, and salt. Stew the goose half an hour longer; then take it up, pour the ragout over it, and send it to table garnished with lemon.

Goose marinated.

Bone, and stuff the goose with the following forcemeat:—take ten or twelve sage leaves, two large onions, and three apples, chop them fine, and mix them with bread crumbs, four ounces of beef marrow, one glass of port wine, half a nutmeg grated, pepper, salt, and lemon peel, shredded small, and the yolks of four eggs. Having stuffed the goose, sew it up, and fry it till it is of a light brown; then put it into a stewpan, with two quarts of gravy. Cover the pan close, and let it stew two hours; then take the goose out, and keep it hot. Take off the fat from the gravy, and put into it a spoonful of lemon pickle, as much browning, the same quantity of port wine, an anchovy cut small, beaten mace, pepper, and salt. Thicken with flour and butter, strain the gravy over the goose, and serve it up.

Legs and Wings of Geese as dressed in Languedoc.

Take the legs and wings of five geese, with as much flesh as possible. Bone the legs, mix half an ounce of saltpetre, with some fine salt, and rub the joints well with it; then put them into an earthen pan, with bay, thyme, and basil, cover them close, and leave them four hours. When taken out, put them into fresh water, and then let them drain. In the mean time, collect all the fat from the bodies and intestines, and having melted it like lard, put the geese therein to stew till tender. Take them out, and when cold, pack them in jars, with the fat poured over them.

To hash a dressed Goose.

Having cut an onion into small dice, put it into a stewpan, with a little butter, fry it, but without letting it become brown, add thereto as much boiling water as will make sauce for the hash, thicken it with flour, cut up the goose, and put it into the sauce, but do not let it boil, season it with pepper, salt, and catsup. The legs of geese broiled, and served with apple sauce, form a good supper or luncheon.

To boil Ducks.

Scald, and draw them, after which, lay them for a few minutes in warm water; then put them into an earthen pan, and pour over them a pint of boiling milk. Let them lie therein two or three hours, and on taking them out, dredge them with flour, put them into a pot of cold water covered close, and having boiled them slowly about twenty minutes, they will be fit for table, smothered with onion sauce.

To roast a Duck.

Having well cleaned and wiped it, take an ounce of onion, and half as much green sage, both chopped fine, a tea-cupful of bread crumbs, some black pepper and salt, and the yolk of an egg, mix the whole well, and make a stuffing. Or you may do this another way, by chopping fine about two ounces of onion, half as much of the leaves of green sage, a little pepper and salt, and some minced apple. A duck of moderate size will take from half to three-quarters of an hour, and the feet should be nicely crisped. Serve with fine gravy, or sage and onion sauce

To stew Ducks.

Take a couple of ducks, pick, draw, and dust them with flour, after which, set them before the fire to brown. Put them into a stewpan, with one quart of water, a pint of port wine, a spoonful of walnut catsup, as much browning, one anchovy, half a lemon, a clove of garlic, some sweet herbs, cayenne pepper, and salt. Stew them till tender, then lay them on a dish, skim the fat from the liquor, strain it through a sieve, add a few morels and truffles, boil it till reduced to half a pint, pour it over the ducks, and serve them up.

To stew a Duck with Green Peas

Parboil a duck, then put it into a stewpan, with a pint of gravy, some mint, and three or four leaves of sage cut small. Cover the pan, and stew for half an hour. Thicken the gravy, and put in half a pint of green peas ready boiled, dish up the duck and the peas together.

To hash Ducks.

This may be done as directed for hashed goose, or you may cut up a cold dressed duck into joints, and warm it in gravy without boiling, adding thereto a glass of port wine

Ducks à la Française.

Put two dozen of peeled chesnuts into a pint of gravy, with a few leaves of thyme, two onions, a little whole pepper, and some ginger. Lard a duck, and half roast it; then put it into the gravy, stew it ten minutes, and add thereto a pint of port. When done, take it out, boil the gravy till it is thick, skim it clean, lay the duck in the dish, pour the sauce over it, and send it to table garnished with lemon.

Ducks à la Braise

Dress, singe, and lard a couple of ducks, with bacon, rolled in parsley, onions, beaten mace, cloves, pepper, and salt. Lay some slices of fat bacon at the bottom of a stewpan, as much ham or gammon, and two or three slices of veal or beef, put in the ducks, with their breasts downwards, cover them with slices of meat as before, cut a carrot, a turnip, an onion, and a head of celery, add thereto a blade of mace, four or five cloves, and some whole pepper. Cover the whole close, and simmer over a gentle fire, till the breasts of the ducks are of a light brown; then put in some water, and let them remain till done. Next chop fine parsley, an onion or shalot, two anchovies, gherkins, and capers, put them into a stewpan, with some of the liquor from the ducks, a little browning, and the juice of half a lemon. Boil it, cut the ends of the bacon even with the breasts of the ducks, lay them on a dish, pour the sauce over them, and serve them hot.

Ducks à la Mode.

Quarter two ducks, and fry them of a light brown, pour off the fat, flour them, put in half a pint of gravy, a quarter of a pint of port wine, an anchovy, two shalots, and some sweet herbs, cover, and stew them a quarter of an hour; then take out the herbs, skim off the fat, and thicken the gravy with butter and flour. Serve the ducks in the sauce, garnished as above.

To roast Wild Ducks.

Let the fire be clear, and the spit be well heated. The duck must be browned on the outside, and not sodden within; care is to be taken to froth it well, and to keep it full of gravy. If done too much, the flavour will be lost. Pour over it a good rich gravy, and serve with shalot sauce.

Pigeons.

These may be dressed in a variety of ways; but the excellence of the flavour depends much upon their being cropped and drawn as soon as killed. Pigeons left from one dinner may be stewed the next day, with gravy and forcemeat balls.

To boil Pigeons.

The crow should be taken out as clean as possible, after which, the birds must be washed in several waters; then the pinions are to be cut off, and the legs turned under the wings. Boil them slowly a quarter of an hour, then dish, and pour over them some melted butter, and lay around a little brocoli. Serve with parsley and butter. Other accompaniments may be bacon, with greens, spinach, or asparagus.

To roast Pigeons.

If they are to be stuffed, chop some green parsley, and the liver, mix therewith a little butter, pepper, and salt, and fill the bodies of the birds. Twenty or thirty minutes will roast them sufficiently. Serve them with parsley and butter, and garnish with crisped parsley, or fried bread crumbs. Pigeons are in perfection from Midsummer to Michaelmas

To broil Pigeons.

Clean them well, pepper and salt them, lay them on a gridiron over a slow clear fire, turn them often, and put some butter in the bellies. When done, throw over them some stewed or pickled mushrooms, catsup, or melted butter. Garnish with fried crumbs, or sippets of bread

Another method.

Having trussed the pigeons as for boiling, flatten them, season them with pepper and salt, a little butter, and a teaspoonful of water, then tie them close at both ends. Do them over with egg, and dredge them with grated bread, which may be mixed with spicery and sweet herbs, then lay them on the gridiron, and turn them frequently. If the fire is not clear, lay underneath a sheet of paper, well buttered, to keep the pigeons from being smoked. The best way is to broil them whole. Serve with the same sauce as already directed.

To stew Pigeons.

See that they are fresh, cropped, drawn, and washed; then lay them to soak for half an hour. Take a hard white cabbage, cut it into slices, and let them remain a short time in cold water. On taking out the cabbage, drain it, and boil

it in milk and water, drain it again, and lay some of it at the bottom of a stewpan. Place the pigeons upon it, first seasoning them with pepper and salt, and cover them with the rest of the cabbage. Add thereto some broth, and stew the whole gently till the pigeons are tender. Then put in two or three spoonsful of cream, and thicken it with butter and flour. After a little boiling, serve up the pigeons in the middle of the dish, and the cabbage round them.

A Compot of Pigeons.

Having trussed six pigeons as for boiling, make the following forcemeat:—Grate the crumb of a penny loaf, scrape a quarter of a pound of the fat of bacon or lard, chop some parsley, thyme, lemon peel, and two shalots, or a small onion, next grate a little nutmeg, season with pepper and salt, and mix the whole with eggs. Fill the craws with this, lard the breasts, and fry them brown. Then lay them in a stewpan, with gravy, and a glass of wine, and add thereto some butter and flour. Serve the pigeons hot, with the gravy strewed over them, and forcemeat balls in the dish.

Pigeons à la Crapaudine.

Truss three pigeons as before, cut the flesh off the breast, by sliding the knife at the side of the leg, and running it up to the joint of the wing, turn the breast over, and flatten it; then take a stewpan, melt a little butter in it, adding thereto some salt and pepper, put in the pigeons, with the breasts downwards, turn them, and when three parts done, lay them on a gridiron over a slow fire, give them a fine colour, and serve them up with common sauce.

Pigeons à la Daube.

Put a layer of bacon in a saucepan, then one of veal, another of coarse beef, and again a layer of veal, add to these some sweet herbs, an onion, black and white pepper, mace, and cloves. Cover the pan close, and brown the pigeons over a slow fire. Put in a quart of boiling water, and when stewed till the gravy is rich, skim off the fat, and strain it. Beat a pound of veal, and as much beef-suet in a mortar. Then take bread crumbs, pepper, salt, nutmeg, mace, lemon peel, parsley, and thyme, mix these with the yolks of two eggs, and the pounded meat, fill the pigeons with the entire composition, and fry them in fresh butter till brown. Pour off the fat, and put the gravy to the pigeons, stew them in a covered pan, and when done, serve them up with the sauce. Lay on each pigeon a bay leaf, and on that a slice of bacon. Garnish with lemon.

Pigeons in a Hole.

Truss them as for boiling, and season with pepper, salt, and pounded mace. Put into each bird a piece of butter, lay them in a dish, pour over them a batter made of eggs, flour, and milk; then bake them in an oven moderately heated, and serve them to table.

Pigeons en Surtout.

Force the pigeons, lay a slice of bacon on the breast of each, and veal over that, season with pepper, salt, and mace, tie the meat fast, and roast the birds. Baste them with butter, rub them over with the yolk of an egg, strew thereon crumbs of bread, nutmeg, and sweet herbs. When done, pour over them good gravy, with truffles, morels, and mushrooms, and garnish with lemon.

Jugged Pigeons.

Clean, dry, and season them with pepper and salt; then put them into a jug, with half a pound of butter over them. Cover the jug with a cloth, and put it into a kettle of boiling water, and let it remain so an hour and a half. When the pigeons are taken out, put the gravy produced by them, into a pan, with a spoonful of wine, the same of catsup, a slice of lemon, half an anchovy chopped, and sweet herbs. Boil, and thicken it with butter and flour, dish the pigeons, and strain the gravy over them. Garnish with parsley, and pickled cabbage.

To stew Pigeons

Season them on the inside with pepper, salt, cloves, mace, sweet herbs, and butter rolled in flour. Close the necks and vents, and half roast them; then lay them in a stewpan, with one quart of gravy, a little white wine, whole pepper, mace, lemon, sweet herbs, and a small onion. Take them out when done, strain the liquor through a sieve, skim off the fat, and thicken with butter rolled in flour; then put in the pigeons, with pickled mushrooms, and stew them about five minutes. Serve them up with the sauce over them.

To fricassee Pigeons.

Cut them in pieces, and fry them brown, lay them in a stewpan, with gravy, and let them remain an hour, at the end of which time, put in a slice of lemon, half an ounce of morels, and a little browning. Let them stew five minutes longer, take them up, thicken the gravy with butter and flour, and strain it over the birds. Lay forcemeat balls round the dish, and garnish with pickles.

A Fricandeau of Pigeons.

Truss them as for a pie, with their legs under their wings, lard them with bacon, and lay them in a stewpan, with the larded side downward, add the white of a leek cut small, and a pint of gravy, cover the pan, and set it over a slow fire, but towards the close, make it brisker to reduce the liquor. When brown, take out the pigeons, remove the fat, add some more gravy, boiling hot, stir it three or four minutes, and pour it over the birds. Garnish with crisped parsley.

A Bisk of Pigeons.

Clean, wash, truss, and parboil them, then put them into strong gravy, and stew them. Make a ragout of gravy, artichoke bottoms, mushrooms, truffles, morels, and six small onions, cut a slice of ham into shreds, scald them in the gravy, beat up the yolks of three eggs, with a quarter of a pint of cream, add it to the ragout, and shake it round. Lay the pigeons in the dish, and pour the ragout over them. Garnish with slices of boiled beet-root.

Pigeons stewed.

Make a forcemeat with bread crumbs, fat bacon scraped, pepper, salt, cream, and the yolk of an egg. With this fill up the heart of a small cabbage lettuce chopped, tie it across, and fry it a light brown in butter; then pour off the fat, lay the pigeons round, having first flattened them, season with pepper, salt, and mace, put in half a pint of white wine, cover the whole in a pan, and let it stew for five or six minutes; then add half a pint of gravy, cover it again, and stew for half an hour. Thicken with butter and flour, and when done, lay the lettuce in the middle, and the pigeons round it, squeeze in a little lemon juice, and pour the sauce over all. Garnish with stewed lettuce, and pickled cabbage.

A Pupton of Pigeons.

Make some savoury forcemeat, roll it out like paste, put it into a buttered dish, with a layer of thin bacon, squab pigeons, sliced sweetbreads, asparagus tops, mushrooms, and hard eggs, lay another forcemeat over the whole, like a pie, bake it, and when done, turn it out into a dish, with the gravy

Artificial Pigeons or Chickens.

Make a rich forcemeat of veal or chicken, seasoned with pepper, salt, parsley, shalot, fat bacon, butter, and the yolk of an egg, work this up into the shape of a pigeon or chicken, putting the feet of the bird you intend it to represent, in the middle, so as to appear at the bottom. Roll the force-

meat well in the yolk of another egg, then in crumbs of bread, and put the whole into an oven on tins. Send them to table with or without gravy.

Pigeons in Jelly.

Put some of the liquor in which a knuckle of veal has been boiled, or the broth made by boiling a calf's foot, with a blade of mace, a bunch of sweet herbs, a little whole pepper, lemon peel, a slice of lean bacon, and four pigeons, into a baking pan. On taking it out of the oven, set it to cool, take out the pigeons, and season them; when done, cover them, to preserve the colour, and clear the jelly by boiling it with the whites of eggs; then strain it through a thick cloth, dipped in boiling water, and pass the jelly through a sieve. Be careful to remove the fat, before clearing the jelly, which must be placed over and round the pigeons loosely.

Another way.

Pick two fine pigeons, and make them look as handsome as you can. Leave the heads and feet on, but clip the nails close. Roast them till brown, and when done, put a sprig of myrtle in the bill of each. Make a savoury jelly as already directed, and half fill a bowl with it, of such a size as shall be proper to turn down on the dish it is intended to be served in. When cold, clear away all the gravy from the birds, and lay them upside-down in the jelly. Before the rest begins to set, pour it over them, so as to be three inches above the feet. This ought to be done twenty-four hours previous to sending to table. It will have a pleasing effect in the middle of a second course, or served with the jelly roughed largely about it; this ornamental dish will look well on the side. The heads of the pigeons may be kept erect, as if alive, by tying some thread round the neck of each, and binding the legs as if the birds were sitting.

GAME.

Game of every kind should be kept till tender, nor ought it to be thrown away after having been long killed, for even when it appears to be spoiled, it may be rendered eatable by cleaning, and washing it with vinegar and water. If birds exhibit signs of not keeping, draw, crop, and pick them; then wash them in two or three waters, and rub them over with salt. Plunge them singly into boiling water, drawing them up and down by the legs, that the water may pass through the bodies. After lying in the water five or six minutes, let them drain, and then pepper and salt the inside; but before roasting, give them another washing. Pieces of

charcoal laid upon and about them, will preserve them from tainting, and even restore those which have begun to spoil.

To boil Pheasants.

If they are small birds, half an hour will be sufficient; but if large, three-quarters. They must be boiled in plenty of water. Make a sauce by stewing some heads of celery cut fine, and thickened with cream, and a small piece of butter rolled in flour. When the birds are done, pour this sauce over them, and garnish with slices of lemon.

To roast Pheasants.

A young bird will take thirty minutes, and one full grown forty or fifty; but the fire must be brisk. Pick and draw it, slit the back of the neck, take out the craw, but leave the head on, wipe the inside of the bird with a cloth, twist the legs close to the body, leave the feet, but cut off the toes. Truss the pheasant like a fowl, baste, butter, and froth it well. For a sauce, put a small tea-cupful of crumbs into a stewpan, pour thereon as much milk as will soak up the bread, and a little more, or, instead of the milk, stew the giblets, heads, necks, and legs of poultry, then moisten the bread with the liquor, put it on the fire, with a middling sized onion, pepper corns, allspice, or some mace, boil it, and stir it well, then let it simmer till stiff, after which, add about two table-spoonsful of cream or melted butter, or some good broth, take out the onion and pepper, and the sauce is ready.

If you have only one pheasant, and wish to make a pair, take a fine fowl of the same size, that has been kept four or five days, truss, and dress it as the preceding, and few will perceive the difference, either in look or flavour, between the real and the mock pheasant.

To stew Pheasants.

Put the birds, with as much veal broth as will cover them, into a stewpan, letting it remain till the liquor is reduced to a sufficient quantity for sauce only. Skim it, and put in some artichoke bottoms that have been parboiled, some beaten mace, a glass of wine, pepper, and salt. Thicken it with butter rolled in flour, and add to it some lemon juice. When the pheasants are done, pour the sauce over them, and lay some forcemeat balls in the dish.

To boil Partridges.

Fifteen minutes will be sufficient, but they must be put into plenty of water, and boiled quick. To a quarter of a pint of cream, add a little fresh butter, stir the whole one way till melted, pour it over the birds, and serve them up.

To roast Partridges.

These are to be trussed in the same manner as pheasants, but the custom of tucking the legs under each other, gives trouble to the carver. They will take about fifteen minutes before a good fire. Before you take them up, baste them with butter, shake a little flour over them, and some salt, put the gravy into the dish, and serve up the birds, with the same sauce as for pheasants. If partridges are to be preserved longer than they will keep undressed, you may half roast them, or make a pie of them.

The French mode of roasting Partridges.

Truss three partridges, and skewer them, cover the breasts with slices of lemon, and over that lay some lard, wrap them in paper, and fasten it with packthread, tied to the spit. Roast them three-quarters of an hour; when done, take off the paper, and serve up the birds in clear gravy, seasoned with the juice of Seville orange.

To stew Partridges.

Truss them as for the spit, stuff the craws, and lard them down both sides of the breast, roll a lump of butter in pepper, salt, and beaten mace, and put it into the bellies. Sew up the vents, put them into a pan, with a quart of gravy, a spoonful of Madeira wine, as much catsup, a tea-spoonful of lemon pickle, half as much mushroom powder, one anchovy, half a lemon, and a sprig of sweet marjoram. Cover all close, and stew them half an hour, take out the birds, and thicken the gravy. Give it a boil, and pour it over the partridges, laying round them artichoke bottoms, boiled and cut in quarters, and the yolks of four hard eggs. Woodcocks may be done in the same manner.

To hash Partridges.

Roast two or three partridges, take off the flesh, but without the skin or sinews, hash it very fine, break the bones, put the whole into a stewpan, with four large spoonsful of Spanish sauce, and two of veal stock. When hot, pass it through a search, reduce it to half the substance, take it off, and set aside part for the hash, when it is to be served. Put into the remainder, the minced meat, with pepper, nutmeg, and a little butter, mix the hash well, dish, glaze, and garnish with fried bread, and poached eggs.

Partridges and Cabbage.

Truss the birds as chickens for boiling, put into a stewpan any trimmings of poultry or game that may be at hand, add

thereto about half a pint of good stock, three or four onions, a bundle of sweet herbs, a few bay leaves, and some mace. Next put in the partridges covered well with bacon. Boil a savoy cabbage, till about half done, take it out, and put it into cold water, after which, divide it into four parts, squeezing it first thoroughly with the hands, and also in a clean cloth. Tie the cabbage up tight, and put it in the stewpan with the partridges, add a glass of sherry, cover the whole close, and simmer over a slow fire, about an hour. When done, pour off the liquor, skim off the fat, put some butter into another pan, and when melted, add as much flour as will dry it up, put thereto the liquor the partridges were done in, and let it boil a few minutes. Then take up the partridges and cabbage, and lay them on a clean cloth to dry, put the birds on a dish, and the cabbage round, with pieces of carrot intermixed. Garnish with Bologna sausages

Grouse braised, and Cabbage.

Draw the legs in the same manner as chickens for boiling, lay at the bottom of the stewpan some fat bacon, put in about a pint of stock, a few shalots, a bunch of thyme, parsley, a few blades of mace, two or three bay leaves, and then the grouse. Blanch two cabbages, cut them in quarters, let them boil till half done, then squeeze each part with your hands, afterwards press them with a cloth, tie each bundle up separately, and put them in the pan, with the grouse. They will take about an hour over a slow fire, but if young, somewhat less. When done, strain off the liquor, and remove the fat, lay a little butter in the pan, and put it over the fire, and as soon as it is melted, throw in as much flour as will dry it up. Then put in by little and little, the liquor the grouse was done in, keep stirring it while on the fire, and when it has boiled a few minutes, strain it off into another pan. Season it by putting in a little cayenne and lemon juice. Put the grouse on the dish, and the cabbage round it, pouring the sauce over all. Garnish with carrots.

To roast Wild Fowl.

They are best without stuffing, taking care to season the inside well, with pepper, salt, and butter. Less time is required for roasting them, than for poultry; but they must be nicely browned, and well basted to give them a froth. A rich brown gravy should be sent up in the dish, and when the breast is cut, the squeeze of a lemon, with pepper and salt, will increase the flavour. As wild fowl have sometimes a fishy taste, it will be advisable to prevent it by putting an onion, salt, and hot water into the dripping pan, and basting them with it, for ten minutes after setting them to the fire.

To boil Woodcocks or Snipes.

First make a good strong brotn or gravy, by cutting a pound of lean beef into small pieces, and putting thereto four quarts of water, an onion, a bunch of sweet herbs, a blade or two of mace, six cloves, and some whole pepper. Boil this till half reduced, strain it off, and put it into a saucepan, with some salt. Draw the birds, but take care of the guts. Put the woodcocks or snipes into the gravy, cover them close, and boil them for ten minutes. While doing, cut the guts and liver small, take a little of the gravy, and stew them in it, with a blade of mace. Rub small the inside of a roll, put it into a pan with some butter, and fry it till it is crisp, and of a fine brown colour. When the birds are ready, take about half a pint of the liquor they were boiled in, and add to the guts two spoonsful of red wine, and a piece of butter rolled in flour. Set them on the fire, and shake the saucepan frequently, but do not stir it with a spoon till the butter is melted; then put in the fried bread, give the saucepan another shake, take up the birds, pour the sauce over them, and garnish with sliced lemon.

To roast Woodcocks and Snipes.

They must not be drawn, but truss their legs close to the body, and run an iron skewer through each thigh, and tie them on a bird spit. Put them down to a clear fire, cut a slice of bread for each bird, toast or fry this brown, and lay the same under the roast to catch the trail. Baste with butter, and froth with flour. Lay the toast on a hot dish, and the birds on that. Pour some beef gravy into the dish, and also send up some in a boat. Twenty or thirty minutes will do them. Garnish with lemon. Some gourmands chuse to have woodcocks so much under-done, as to allow them only a few minutes at the fire. Snipes require about five minutes less doing than the others.

Woodcocks or Snipes en surtout.

Make a forcemeat of veal, and beef-suet, pounded with bread crumbs, beaten mace, pepper, salt, parsley, and sweet herbs, mixed with the yolk of an egg. Lay some round the dish, then put in the birds, drawn, and half roasted. Chop the trail, and lay it over the dish. Put some truffles, morels, mushrooms, a sweetbread, and artichoke bottoms, cut small, into some good gravy, and stew them together. Beat up the yolks of two eggs in white wine, stir the whole one way, and when thick enough, pour it into the dish. Lay here and there some hard eggs, season with more mace, pepper, and salt, add some forcemeat coloured with egg, and send it to the oven for half an hour.

Snipes with Purslaine Leaves.

Draw the snipes, and make a forcemeat to stuff them with, but keep the ropes for the sauce, lay them crossways upon a lark spit, covered with bacon and paper, and roast them gently. For sauce, take some purslaine leaves, blanch them in water, put them into a ladleful of cullis and gravy, a little shalot, pepper, salt, nutmeg, and parsley, and stew them for half an hour. Add the ropes, and dish the birds upon slices of fried bread, squeeze the juice of an orange into the sauce, and serve them up.

To roast Quails.

Do them in the same manner as woodcocks, without drawing, and serve them on toast, and with butter only, as gravy injures the flavour. The thigh and back are the favourite parts.

To dress Plovers.

Dress green ones as quails, but the gray may be either roasted or stewed with gravy, herbs, and spice. The eggs are delicious. Boil them ten minutes, and serve them hot or cold.

Guinea and Pea Fowls.

These have very much of the flavour of pheasants, and are cooked in the same manner.

To roast Ruffs and Reeves.

These delicate birds must be trussed like the woodcock, but not dressed with the guts. Serve them with gravy and bread sauce, and garnish with crumbs of bread.

To roast Larks.

These delicious birds are in season in November. When gutted, cleaned, and trussed, brush them with the yolk of egg, and roll them in crumbs of bread, spit them on a lark spit, and tie it on a larger one. Ten or fifteen minutes will be sufficient for roasting them before a quick fire. Baste them with butter, and while doing so, cover them thoroughly with bread crumbs. Serve them with grated bread fried in clarified butter, and for garnish, use slices of lemon. Wheat-eats are cooked in the same manner.

Ortolans.

These exquisitely small and delicious birds, form a luxurious treat in Italy, France, and every part of Europe. Abroad they are spitted in pairs side by side, each wrapped in a vine leaf, with a bit of fat bacon on the breast, and basted with a little of the same. They are served with fried crumbs of bread, and the juice of a Seville orange. The flesh is light,

and yet so luscious, that few persons can eat more than two. In England, the price places them out of the reach of any but the great and wealthy.

Hares.

When the hare is brought into the larder, if paunched, it should be wiped dry, the heart and liver taken out, and the latter scalded to keep for the stuffing. Wipe the hare very dry, rub the inside with pepper and ginger, and put in also a large piece of charcoal. The older the hare, the longer it should be kept, but none should be eaten till it has hung some days.

To roast a Hare.

Wash the hare well after it is skinned, and then let it soak an hour or two in water. If an old one, lard it, and put it for some time in vinegar, but on taking it out, wash it again in water. Make a stuffing of the liver, an anchovy, fat bacon, suet, herbs, pepper, salt, nutmeg, onion, bread crumbs, and the yolk of an egg. Put this into the belly, and sew it up. Baste the hare with milk till half done, and afterwards with butter; some, however, prefer beer to milk, and others recommend dripping as better than either. Let the blood out of the neck, by soaking the part in warm water, or by nicking the skin with a small knife. At first putting to the fire, keep it at some distance, and place it nearer gradually. Let it get a fine froth, and serve it with rich gravy, melted butter, and currant jelly. The ears should be cleaned and singed, as by some they are much esteemed.

To roast a Leveret.

Follow the preceding instructions, and while roasting, dredge it with flour, and baste it well with warm milk, till it is three parts done, and a good crust is formed thereon; then put into the dripping pan two or three ounces of fresh butter. Serve with gravy and melted butter over it, and melted currant jelly separately.

To jug Hare.

Let it hang a few days, and when skinned, wipe it well with a dry cloth. Cut it in pieces, season it, and put it into a stone jar or jug, with half a pound of ham or bacon, six shalots, two onions, thyme, parsley, savory, marjoram, lemon peel, mace, cloves, and nutmeg. Stew the hare with these ingredients, and pour over them half a pint of port wine, squeeze in the juice of a Seville orange, stop the vessel close, and put it into a pot of boiling water. Let it remain three or four hours, adding more water as it boils away. On taking out the hare, strain off the liquor, clear it of the fat, and thicken it for sauce with flour and butter. If the hare should cool, return it to the jug, with the gravy, and set it in the

pot as before, till it is quite hot. Garnish with slices of lemon and currant jelly. The larger joints are sometimes larded with bacon.

Another way.

Prepare the hare as before, put it into a stewpan, with sweet herbs, six cloves, as much allspice, and black pepper, two onions, and some lemon peel, cover the whole with water, and as it boils, take off the scum. Let the hare simmer gently till tender, which will be in about two hours. Take it up, and set it by the fire to keep hot, while you thicken the gravy by adding thereto three ounces of fresh butter and flour rubbed together. Stir the whole well, and let it boil about ten minutes; then strain it through a sieve over the hare, and serve it up.

Hotch-potched Hare.

This method of cooking a hare, differs from the preceding, in nothing more than cutting it in small pieces, and putting it into a jug, with a lettuce, cucumbers, turnips, and celery, instead of ham, bacon, and wine. Less spice is also used in this way, which is serviceable only for a very old hare, that will require five hours boiling.

To hash Hare.

Cut the hare into pieces, and divide the joints, put the trimmings and gravy, with half a pint of water, and a table-spoonful of currant jelly, into a stewpan, let the whole boil gently for a quarter of an hour, then strain it through a sieve, and pour it back into the pan. Next flour the hare, put it into the gravy, and let it simmer gently till the meat is warm, which will be in about twenty minutes. Cut the stuffing into slices, and add it to the hash, about five minutes before serving up. Divide the head, and lay one half on each side of the dish.

To broil Hare.

Season the legs first, and broil them on a gridiron, rub them with cold butter, and serve them hot. The other pieces warmed, with gravy and a little stuffing, may be sent up separately.

A Florendine Hare.

Case a hare that has hung four or five days, leave the ears on, but take out the bones, except those of the head, make a stuffing of bread crumbs, the liver chopped, half a pound of fat bacon scraped, a glass of red wine, one anchovy, two eggs, some winter savory, sweet marjoram, thyme, pepper, salt, and nutmeg. Put this into the belly, roll it up to the head, and fasten it tight. Boil it in a cloth an hour and a half, with two quarts of water, and when reduced to one half,

put in a pint of port wine, a spoonful of lemon pickle, as much catsup, and browning. Stew it till reduced to a pint, thicken with butter rolled in flour, and lay round the hare, morels and slices of forcemeat, boiled in the caul of a joint of veal. On dishing it, draw the jaw-bones, and stick them in the sockets of the eyes. Let the ears lie back, and put myrtle or parsley into the mouth. Strain the sauce over it. Garnish with barberries and parsley, and serve it hot.

A Hare boned and larded.

Bone a hare, and do it over with egg, season with pepper, spice, chopped mushrooms, parsley, thyme, and shalots; then spread forcemeat all over it, roll it up tight, and lard it thoroughly; put the bones and some ham into a stewpan, with a few bay leaves, onions, some thyme, and parsley, a few blades of mace, a pint of gravy, and half as much of port wine. Cover the bones with fat bacon, put in the hare, and cover that also in the same manner; then lay white paper over the whole. Set the pan on a slow fire to simmer two hours, then take up the hare, strain off the liquor, skim the fat from it very clean, and make sauce for the mushrooms with it; put these on the dish, and then the hare. Garnish with paste.

To roast a Rabbit.

A young rabbit will take thirty, and a full-grown one forty minutes, before a clear fire. On laying it down, baste it with butter, and dredge it slightly with flour. While roasting, boil the liver with some parsley, and when done, chop both together, putting one half into melted butter, and keeping the other for garnish. Split the head, and lay one half on each side of the dish. Serve it with the same sauce as for a hare. A large young rabbit stuffed, eats very much like hare.

To boil Rabbits.

Truss them short, lay them in warm water for ten minutes, then put them into plenty of cold water, and boil them half an hour. Smother them with white onion sauce, mince the liver, and lay it round the dish.

Rabbits in the Portuguese way.

Bone two rabbits, spread forcemeat over them, and give them as nearly the shape of chickens trussed for boiling, as you can. Put the bones into a stewpan, with trimmings of poultry, some onions, a bundle of sweet herbs, a little mace, and a few bay leaves. Put in the rabbits, and cover them with bacon; pour thereto a pint of stock, lay over the whole some paper, and set the pan on the fire. Simmer very slowly for an hour, then strain off the liquor, remove the fat, and

make the sauce, putting a few truffles therein. On serving up, pour the sauce into the dish, and then the rabbits, after glazing them.

To make a white Fricassee of Rabbits.

Cut them up, and put them into a stewpan, with a pint of veal stock, some beaten mace, a slice of lemon, an anchovy, a tea-spoonful of lemon pickle, a little cayenne pepper, and salt. Stew them over a gentle fire till they are done, then take them out, and lay them on a dish. Thicken the gravy with butter and flour, strain it, and add the yolks of two eggs, mixed with a little cream and grated nutmeg. Stir all these well, and when the mixture begins to simmer, pour it hot over the rabbits, and send them to table.

A brown Fricassee of Rabbits.

Prepare them as in the preceding way, and fry them in butter till they are lightly browned. Put them into a stewpan, with one pint of water, a slice of lemon, an anchovy, a table-spoonful of lemon pickle, a little cayenne, and salt. Stew them over a slow fire till they are done enough; then thicken the gravy with butter and flour, and strain it. Serve up the rabbits, with the gravy over them, and garnish with slices of lemon.

Rabbits en Casserole.

Quarter them, and lard them or not at pleasure, flour and fry them; then put them into an earthen pipkin, with a quart of gravy, a glass of white wine, pepper and salt, sweet herbs, and butter rolled in flour. Cover the pan close, and stew half an hour; dish, and pour the sauce over the rabbits, garnished with Seville orange in slices.

Rabbits en Matelot.

Prepare two rabbits as for a fricassee, put them with pieces of bacon into a stewpan, with half a pint of gravy, twelve small onions, and some mushrooms; cover the pan, and let it simmer an hour; then take out the rabbits, and lay them in a dish. Skim off the fat from the liquor, and reduce nearly to a glaze, put some thin soup to it, give it a boil, and on taking it off, squeeze in half a lemon, with cayenne, and sugar. Pour this over the rabbits, and garnish with paste.

Rabbits surprised.

Stuff two rabbits, roast them, and take off the meat from the bones, chop it fine, with shredded parsley, lemon peel, beef marrow, a spoonful of cream, and salt. Beat the yolks of two hard eggs with a little butter in a mortar, mix all together, and stew it five minutes, lay this on the rabbits, where the meat has been cut off, and brown it with a sala-

mander. Pour on some good thick gravy, and put some myrtle in the mouth of each rabbit. Serve with the livers boiled and frothed.

Rabbits en Gallantine.

Bone and flatten two young rabbits, lay forcemeat upon them, with slices of lean ham, breast of fowl, and omelets of eggs white and yellow, roll all up tight, and fasten them, lard the upper part with fat bacon, blanch and braise them. Glaze the larding, put some gravy to them, and serve them hot.

FISH.

Nothing in the culinary art requires more care than the dressing of fish, and yet it is absolutely impossible to lay down any specific rules for the guidance of the cook in this important department, where all depends upon observation and practice. One moment over or under the process, may destroy the flavour of the fish, and disfigure its appearance, so as to render it unfit to be served up to the table.

The most convenient utensil for boiling of fish is a turbot kettle, two feet in length, twenty-two inches in breadth, and nine in depth.

People in London erroneously imagine that all fish ought to be dressed almost as soon as caught; when, in fact, turbot, cod, and salmon, are always the better for being kept a certain time. Though it is the duty of the fishmonger to clean the fish which he sells, it will be proper to wash it again. It should also be put into cold water, with some salt, in the proportion of a pound to a gallon. In winter, if the weather is intensely cold, and the fish frozen, it should be brought into the kitchen early in the morning, and so placed, that it may thaw gradually, before it is dressed. Sea water is best where it can be had, for the boiling of sea fish. Fresh-water fish has often a muddy disagreeable smell, to remedy which, it should be cleansed, and then laid to soak in strong salt and water, in which also, the fish, if of a good size, may be scalded, previously to its being dressed.

Fish that is to be fried or broiled, ought to be wrapped up in a soft cloth, after being well cleansed and washed. When thoroughly dry, wet it with an egg, if it is to be fried, and strew over it some fine crumbs of bread, the frequent repetition of which will give the whole a better look.

Put into a frying pan that has a thick bottom, a quantity of lard or dripping, and when it boils, place your fish therein, letting it remain till it becomes of a fine brown yellowish colour; but should it be done sufficiently without assuming that appearance, draw the pan on one side of the fire, and take the

fish carefully up; then set it on a large sieve turned upwards or on the bottom of a dish, to drain. A sheet of paper may next be put to receive the fish, which should be free from all greasiness. The same dripping should be saved, as, with a little fresh, it may serve a second time. Butter gives a bad colour to fish, but oil improves its appearance and taste considerably.

The gridiron should be well scoured, and, when sufficiently heated, rubbed with suet, to prevent the fish from sticking to the bars. The fire must be very clear, otherwise a smoky taste will be given to the fish, which should not be placed too near, lest it be scorched.

Garnish with a fringe of curled raw parsley, or parsley fried, in which latter case, the herbs must be carefully picked and washed, then thrown immediately from the water into the boiling lard or dripping, after the fish is fried.

In boiling fish, some prefer putting it into cold, others into warm water, and there are even those who will advocate the raising of the water to a boiling heat, before the fish is laid in the kettle. This last mode, however, is clearly wrong, and must prove injurious to the fish, unless it be very small, by acting too strongly upon the external part, while the inside remains in a raw state. On the whole, the moderate system, of warm water, appears to be founded upon the best principle, that of dressing the fish properly in a short space of time, so that the whole may be sufficiently done, without breaking the outside, or dissipating the juices. A good deal of salt, and some vinegar, put into the kettle, will give firmness to the fish; but cod, haddock, and whittings will be better, by being previously salted, and kept so one or two days, according to the weather.

Fish should be taken out of the water the moment it is done enough, after which, it may be kept hot by being set upon the plate of the kettle, over the water, and covered with a cloth. Though this mode may not be so good as serving it up directly, it is preferable to that of letting the fish remain in the water. No exact direction can be given for the time which fish will take in boiling, and, therefore, the attention of the cook must be kept fixed upon the state of the kettle, which should be kept over a steady fire. When done, place the liver and roe conspicuously on the dish, and serve it up with melted butter and sauce.

To boil Turbot.

Draw and wash the fish clean, and if it is very fresh, rub it lightly with salt, after which, keep it in a cool place for a day or two, according to the state of the weather. An hour or two before it is to be dressed, soak it in spring water,

to which, add some salt; and if the fish is not perfectly sweet, shift the water five or six times, and increase the quantity of salt that is put into the mouth and belly. Lay the fish on the plate, and put it into the kettle, cover it with cold water, set it over a gentle fire, add a handful of salt, and half a gill of vinegar, and be careful to take off the scum as fast as it rises. When the water boils up, take some of it out, and supply its place with as much cold water, do the same the second time, and when it boils up again, if the fish is of a moderate size, take it off the fire. There are different sauces for boiled turbot, but the lobster is most in use. Serve this up in one tureen, and anchovy butter, and plain butter in two others. Garnish with curled parsley, slices of lemon, and horse-radish placed round the dish; but some chuse to have turbot sent up with only fried smelts.

Baked Turbot.

Though the practice is not now in vogue, the method of baking turbot may be acceptable to some persons. Butter the inside of the dish, and sprinkle it all over with bruised pepper, grated nutmeg, parsley chopped fine, and some salt; then pour in a pint of mountain wine, and having cut off the head and tail of a turbot, lay the body in the dish, sprinkling over it some of the preceding mixture, and another pint of wine. Stick small pieces of butter all over the fish, dredge thereon a little flour, and add thereto a quantity of bread crumbs. When it has acquired a fine brown colour, lay it on the dish in which it is to be sent to table, stir the sauce in the baking dish, pour it into a saucepan, shaking over it a little flour; when it boils, add a piece of butter, and two spoonsful of soy or catsup, and on its boiling again, pour it into a tureen. Garnish with scraped horse-radish and sliced lemon.

To fry Turbot.

Having cleaned and dried a small turbot, sprinkle over it some flour, and put it into the stewpan, with lard enough to cover it. When it is fried brown, take it out, and drain off the fat. Then clean the pan, and put into it as much claret and white wine as will nearly cover the fish, with an anchovy, salt, nutmeg grated, and some ginger. Put in the turbot, and let it remain till the liquor is half wasted; then take it out, and put in a piece of butter rolled in flour, and also a minced lemon. Simmer the whole together till of a proper consistence, and having rubbed a hot dish with shalot, lay the turbot therein, pour the sauce over it, and send it up, with plain melted butter separately.

To boil Salmon.

Put into the kettle spring water enough to cover the fish; but boil the liver in a separate saucepan. When the water

in the kettle boils, put in a handful of salt, and take off the scum as soon and as fast as it rises; then lay in the salmon, first cleaning and scraping it, and if it is thick, let it boil gently for the space of about fifteen minutes to a pound. If some horse-radish is added while boiling, it will improve the flavour. Serve up with lobster, anchovy, or shrimp sauce.

Another method for a large Company.

Take a salmon, scald and gut it, cut off the head and tail, and having divided the body into slices of an inch and a half in thickness, throw them into a pan of water, sprinkle thereon a handful of bay salt, stir it about, and take out the fish. Set on a capacious stewpan, boil the head and tail, but without splitting the former, and put in some salt. After boiling ten minutes, skim the liquor very clean, and put therein the slices of salmon. When boiled sufficiently, take them out, lay the head and tail in a dish, and place the slices round them. Serve up the fish with plain melted butter, and a boat of anchovy sauce. Garnish with horse-radish, intermixed with the slices.

To broil fresh Salmon

Put some slices of salmon into butter that has been melted smooth and fine, with flour and basket salt. Roll the fish about, that the whole may be covered. Then lay the pieces on a gridiron, and broil them over a clear, slow fire. While this is doing, take two anchovies, wash, bone, and cut them small, also a leek into three or four long pieces. Set on a saucepan, with some butter and flour, put therein the anchovies and leek, with some capers cut small, a little pepper, salt, and nutmeg, add to these ingredients some warm water, and a couple of spoonsful of vinegar, shaking the saucepan till it boils, and let it simmer till wanted. When the fish is done on one side, turn it on the other, and when it is ready, take out the leek, pour the sauce into a dish, and lay the salmon upon it. Garnish with lemons cut into slices or quarters.

To broil dried Salmon.

Let it soak in water two or three hours, then lay it on a gridiron, and throw some pepper over it. When done, which will be in a short time, serve it up with melted butter.

Another dish of dried Salmon.

Part the fish into flakes, boil some eggs hard, and chop them, but not small, put both into half a pint of thin cream, and add thereto two or three ounces of butter rubbed with a tea-spoonful of flour; skim, and stir it till it boils, then pour the whole into a dish, round which you have previously made a ridge of mashed potatoes.

To bake Salmon.

Cut a piece of salmon of five or six pounds weight, into slices of about an inch in thickness, and then make a forcemeat in this manner:—Take some of the finest parts of the fish, and as much of eel, with a few mushrooms. Season the whole with pepper, salt, nutmeg, and cloves, and beat the whole together till it becomes very fine. Boil the soft part of a roll in milk, and beat it up with four eggs till it is thick; then set it to cool, add four raw eggs to it, and mix all well together. Clear the salmon of its skin, and lay the slices in a dish, covering every one with the forcemeat, pour some melted butter over them, with crumbs of bread, and arrange oysters all round. Put the dish into the oven, and when it becomes brown, pour over it a little melted butter, which has been boiled with some red wine in it, add juice of lemon, and send it hot to table.

Another way.

Scale and dry a fresh salmon, or part of one, but avoid washing it, take out the bone, by slitting down the back, salt it well, and let the fish lie till the brine is drained off, then season with mace, cloves, and whole pepper, all pounded, put it into a close pan, with bay leaves, and cover it with butter. Send it to the oven, and when done, drain it from the gravy. Then cut it up, and lay the pieces with the skin uppermost, in pots, placing a weight upon each, to keep the fish close till cold; then take the weight off, and pour on the salmon clarified butter.

Grilled Salmon.

Put a piece of salmon into a dish, and pour over it some good oil, to which add a little fine salt, a bay leaf, parsley, and scallions cut in two; then turn the fish, and let it soak for some time, after which, lay it on a gridiron, taking care to turn and baste it occasionally with the seasoning. Try the flesh by raising it with the point of a knife, at the thick part of the back, and if red, let it remain a little longer. When done, turn it on a dish, take off the skin, pour some melted butter over the salmon, and strew capers thereon.

The Geneva method of dressing Salmon.

Tie up a piece of salmon, and put it into a fish-kettle, with sliced onions, carrots, salt, and some spices, add thereto a sufficient quantity of claret or port wine; when done, run some of the liquor through a sieve, adding to it as much Spanish sauce as will form a proper consistence, with anchovy butter, and a piece of plain fresh butter, then set the whole upon the fire to thicken, drain it clear, dish, and serve it up.

Another way of dressing Salmon.

Boil your salmon in salt and water, take it out, and draw out the small bones along the back, put some dripping or butter in a stewpan, and place the fish therein; then heat the whole, without letting it boil; when in the dish, surround it with bread cut into forms, and some Parmesan cheese grated thereon; then take melted butter, and with a large feather brush it over the fish, after which, place it in an oven, till it is of a fine colour.

Scolloped Salmon.

Skin a piece of raw salmon, and part it into scollops, each about the size of a penny-piece, but a little thicker, flatten, and round them; then put them one by one into a stewpan, with butter, over which strew a little salt and pepper. Put into another stewpan, three large table-spoonsful of plain sauce, thinned down with gravy, and add three or four ounces of butter, keep tossing the scollops, and turning them till done, after which, drain and place them one upon another in a dish. Serve with some of the butter and stock in which they have been dressed, and add thereto blanched parsley minced, some nutmeg, and lemon juice, toss it up again, and send it to table.

A Fricassee of Salmon.

Cut a piece of salmon into small slices, mince fine some sweet herbs, parsley, and thyme, season the fish with salt, mace, cloves, ginger, and nutmeg, powdered small, and well mixed. Put into a pan some clarified butter or lard, make it very hot, then lay in the salmon, and fry it quickly, taking care that it does not burn. When about three-quarters done, pour off the fat, and supply its place with white wine, oysters, and their liquor, a large onion, two anchovies, some minced thyme, and a little nutmeg, to which add the yolks of four eggs beaten up with some of the liquor. Dish the fricassee with sippets, pour the sauce thereon, and garnish with oysters.

To boil Cod.

Wash and clean a cod, or part of one, and then rub some salt on the inside. If the weather will permit, keep it a day or two; then put plenty of water into the kettle, with a handful of salt, and when it is dissolved, lay in the fish, which, if of a moderate size, will be done in about twenty minutes, but a large one will take half an hour. Drain it on a fish plate, and serve it up with the roe, liver, melted butter, and oyster sauce.

To boil Slices of Cod.

Lay them for half an hour in salt and water; then put them into a kettle, and cover them with cold spring water, and add thereto some salt. Put it over a quick fire, and skim as it boils, after which, set it on one side to simmer gently about ten minutes. Garnish with horse-radish, lemon, and slices of the liver, and the chitterlings. Serve with oyster sauce and butter.

To stew Cod.

Cut the fish into slices an inch thick, lay them in a stewpan, seasoned with nutmeg, pepper, sweet herbs, salt, an onion, half a pint of white wine, and a quarter of a pint of water. Cover the whole close, and simmer for five or six minutes; then squeeze in a lemon, and add a few oysters, with the liquor strained, a piece of butter rolled in flour, and one or two blades of mace. Stew gently, and shake the pan often, to prevent burning. When done, take out the onion and sweet herbs, lay the cod in a warm dish, and strain the sauce over it.

To broil Cod.

Cut it into slices of two inches in thickness, dry, and flour them well, rub the gridiron with chalk, place it high over the fire, till the fish is of a fine brown colour. Be careful in turning the slices, that they may not break. Serve with lobster and shrimp sauce.

Crimped Cod.

Put a gallon of spring water, with a handful of salt, into a saucepan, boil it up several times, and skim it till it is perfectly clear. Lay a middling-sized cod in some fresh pump water, and let it lie a short time, after which, cut it into slices of about two inches in thickness each. Lay these in the prepared liquor, and boil the whole again a few minutes; then take them out carefully, and put them on a sieve to drain. When dry, flour them, and set them to boil over a good fire, but not too near. Serve with lobster, shrimp, or oyster sauce.

A Cod's-Head and Shoulders.

Take out the gills and blood, wash the fish clean, and having rubbed it over with salt, and a glass of vinegar, lay it on a plate. When the water boils, throw in a handful of salt, with half a pint of vinegar, after which, put in your fish, and let it boil gently half an hour, but if it is large three-quarters of an hour will be necessary. On taking it up, slip off the skin, set the fish before a good fire, dredge it with flour, and baste it well with butter. When the froth begins to rise, strew crumbs of bread over it, and as soon as it is brown, dish it up. Garnish with small fish, or oysters fried in but-

ter, barberries, horse-radish, and lemon. Serve with lobster, shrimp, or anchovy sauce.

To roast a Cod's Head.

When well cleaned, scrape it, and strew salt on it; then put the head into a tin oven, or a stewpan before the fire, screened behind, that the heat may act the stronger upon the fish. At the end of half an hour, drain off the water, and strew over the head a little nutmeg, cloves, beaten mace, and salt. Flour and baste with butter; then, after letting it stand some time, turn, season, and baste the other side. Do this often, and strew on it crumbs of bread. If the head is large, it will take four or five hours. Melt some butter, and mix with an anchovy, some of the liver of the fish, boiled, and bruised fine, and two yolks of eggs well beaten. When this boils, strain it, and return it to the saucepan, with a few shrimps or pickled cockles, two spoonsful of port wine, and the juice of a lemon. Simmer it a minute or two, put it into the same pan the head was roasted in, and having stirred it well, replace it once more in the saucepan, and continue to do so till it boils. Put the head in a dish, pour the sauce into a tureen, and serve the whole up quite hot.

To bake a Cod's Head.

When cleaned and washed, lay it in a dish that has been rubbed with butter. Put therein some sweet herbs, an onion stuck with cloves, three or four blades of mace, some black and white pepper, a nutmeg bruised, a little lemon peel, a piece of horse-radish, and one quart of water. Dust the fish with flour, grate a little additional nutmeg over it, stick butter on different parts, sprinkle raspings of bread thereon, and place it in the oven. When done, take the head out of the dish, and put it into another, which set over some boiling water, and cover it thoroughly. In the mean time, pour the liquor out of the dish in which it has been baked, into a saucepan, and boil it two or three minutes, strain it, and put thereto a gill of port wine, two spoonsful of catsup, a pint of shrimps, half a pint of oysters, a spoonful of mushroom pickle, and a quarter of a pound of butter rolled in flour. Stir the whole well, and boil till it thickens; then strain it, and pour it into the dish. Cut some toasted bread into squares, fry them crisp, and place them about the head. Garnish with crisped parsley, lemon, and horse-radish.

To dress Cod's Skull and Tail.

The tail of a cod may be cut into small slices and fried, but if dressed with the skull it should be stewed, and served up with anchovy or oyster sauce, in the liquor the fish was originally boiled in. This is a cheap Scotch dish

Ragout of Cod.

Scale your fish, and boil it in water and vinegar, with some lemon peel, one or two bay leaves, pepper, and salt. When done, cover it with a sauce made of melted butter, oysters, and capers, a tea-spoonful of the essence of anchovy, and a little cayenne and vinegar.

Cod's Sounds boiled.

Soak them half an hour in warm water, then scrape and clean them, and if they are to be dressed white, boil them in milk and water. When tender, serve them in a napkin, with egg sauce. Do not let the salt soak out, unless for a fricassee.

Another way, to make them look like Chickens.

Boil them, but not too much, and on taking them up, let them stand till cold, then make a forcemeat of chopped oysters, crumbs of bread, a piece of butter, nutmeg, pepper, salt, and the yolks of two eggs, fill the sounds with this, and skewer them up, each in the shape of a fowl, and lard them like a young turkey. Dust them well with flour, put them into a Dutch oven to roast, and baste them well with butter; when done enough, pour over them some oyster sauce, and garnish with barberries.

A Fricassee of Cod's Sounds.

When cleaned, cut them into small pieces, boil them in milk and water, and let them drain; then put them into a saucepan, and season with beaten mace, grated nutmeg, and a little pepper and salt. Add about a quarter of a pint of cream, with a piece of butter rolled in flour, and keep shaking the whole till hot and thick. Pour all into a dish, and garnish with slices of lemon.

Cod's Sounds broiled.

Scald them in hot water, rub them well with salt, and let them simmer till tender. Then take them out, flour and broil them. While this is doing, season some brown gravy with pepper, salt, a tea-spoonful of soy, and a little mustard; boil the whole with some flour and butter, and when done, pour it over the sounds.

Ragout of Cod's Sounds.

Prepare the sounds as in the preceding article; then stew them in white gravy seasoned, and give the whole a gentle boil, after adding cream, butter, and flour, with a little lemon peel, nutmeg, and pounded mace.

Cod's Sounds broiled with Gravy.

Scald them in hot water, rub them well with salt, and take off the dirty skin. Then set them on in cold water, and let them simmer till they just become tender. Take them out, flour and broil them. Then boil a little good gravy, some mustard, a bit of butter rolled in flour, and seasoned with pepper and salt; lay the sounds in a dish, and pour the sauce over them.

To dress a Salt Cod.

Let the fish soak in water and a little vinegar all night. Boil it till it is done enough to pull into flakes, which must be put into a dish, and covered with egg sauce. Garnish with parsneps, boiled and beaten fine with butter or cream, turned out in cups round the edge of the dish. Send it to table very hot.

To dress young Codlings like Salt Fish.

Having gutted the fish, and dried them well with a cloth, fill their eyes full of salt, and put some also over the backbone. Let them lie all night, then hang them up by the tail for a day or two, and boil them in spring water as they are wanted. When done enough, let them drain, then pour egg sauce over them, and send them to table.

A Curry of Cod.

The fish should be sliced, and sprinkled or crisped for twenty-four hours, to give it firmness; then fry it of a fine brown colour, with onions, after which, make a stew, with white gravy, a little curry powder, some butter and flour, and three or four spoonsful of cream, salt, and cayenne may be added, if the powder is not piquant enough. Add boiled rice in a separate dish.

To boil Sturgeon.

Clean the fish well, and boil it in as much water as will cover it, and a pint of vinegar to every gallon. Put in two or three pieces of lemon peel, some whole pepper, and a stick of horse-radish. When done, garnish with fried oysters, sliced lemon, and horse-radish; and for sauce, take either melted butter, with caviar dissolved therein, or anchovy sauce, or send up the body of a crab in butter, and a little lemon juice.

To roast Sturgeon.

First put it on a lark spit, and then fasten it to a common one, baste the fish continually with butter, and serve it up with good gravy, an anchovy, some Seville orange or lemon squeezed, and a glass of sherry.

Another method.

Roll a piece of butter in flour, and put it into a stewpan, with four cloves, a bunch of sweet herbs, two onions, pepper and salt, half a pint of water, and a glass of vinegar. Stir the whole over the fire, and when hot, set it on one side till it is lukewarm, then steep the fish in it for one or two hours, after which, cover it with buttered paper, and roast it, but without running the spit through. Serve with sorrel and anchovy sauce.

To broil Sturgeon.

Rub the bars of the gridiron with the rind of bacon; then wipe them with a cloth, and rub them again with fat bacon. After this, put on the fish, cut into cutlets, pepper and salt them, and when the under-side is brown, turn, and season the other side. When done, arrange it round the dish, put a little minced shalot into a stewpan, some chopped mushrooms, and good gravy stock, let it simmer over the stove gently, add half an ounce of butter, and a little flour, but without making it thick. Instead of pouring the sauce over it, put it in the middle of the dish.

To bake Sturgeon.

Make a marinade thus:—To about half a pint of sherry, and the same quantity of vinegar, put six onions shredded, some sweet herbs, as orange and lemon thyme, basil, sweet marjoram, and parsley, six shalots, two heads of celery trimmed, and cut small. Take off the skin of the sturgeon, lay the body in an earthen dish, and pour the marinade over it, the day before it is to be dressed. Previous to its being placed in the oven, put about a pint of good stock in the dish, cover the sturgeon with fat bacon, and place the skin over that. When done, pour off the liquor, and keep the sturgeon in a screen till it is wanted. Be careful to skim off the fat it was boiled in; put about an ounce and a half of butter into a stewpan, and when melted, dredge flour enough to dry it; then add some of the same liquor the fish was done in, keep stirring it, and when well incorporated with the flour and butter, put in the remainder, let it boil a quarter of an hour, and strain it through a tammiss. Return it to the pan, and when hot, season it with cayenne pepper, and a little essence of anchovy, add the juice of half a Seville orange or lemon, to which add a little sugar: put the sturgeon on the dish, and cover it with the sauce.

To boil Carp.

In killing the fish, save the blood, and have ready some good beef gravy, seasoned with pepper, salt, mace, and onions. Having boiled the carp, and strained the gravy, put the fish into it; then set it on a slow fire for fifteen minutes, and

thicken with a large piece of butter rolled in flour; or make your sauce thus,—take the liver, with three anchovies, a little parsley, thyme, and an onion, chop them all together, then take half a pint of white wine, four spoonsful of vinegar, and add thereto the blood. Stew the whole gently, and put it to the fish, which has been boiled in water, salt, and a pint more of wine. Care must be taken that it is not done too much, after the addition of the sauce.

To fry Carp

Lay the fish, after washing it, to dry, then flour, and fry it of a light brown. Do the same with crusts of bread, and the roe. On taking out the fish, set it to drain, and prepare the anchovy sauce, with lemon juice. Garnish with bread, the roe, and slices of lemon.

To stew Carp.

Bleed a brace of middling-sized fish into some claret or red port, and stir the whole well all the time. After cleaning and scalding, but not washing the carp, put them into a stewpan, cover them with water, and throw in a handful of salt, some whole pepper, a bunch of sweet herbs, a large onion, a little horse-radish, and lemon peel, with some white wine vinegar, and stew them slowly. When done, take the pan off, and cover it close. Then, for sauce, take some of the liquor in which the fish were stewed, and add to it two anchovies, some whole pepper, powdered mace, horse-radish, lemon peel, and a small onion. Boil the whole till the anchovies are dissolved, and put in the blood and wine, with two spoonsful of rich gravy. When it boils up, strain off the liquor, and having thickened it with flour and butter, pour it over the carp. Garnish with slices of lemon, fried sippets of bread, and barberries. In Germany, a substitute for wine is made of strong ale or beer, with grated gingerbread, and some colouring.

German method of dressing Carp.

Having noticed the German substitute for wine in stewing carp, it may be amusing to give their economical manner of making a variety of dishes of this article. They take a live carp of about three pounds, and bleed it into a stewpan, then scale it, and take out the entrails, which, with the exception of the gall, they convert to food. Having opened the maw, and washed it, they cut the roe in pieces, of which, with the rest of the internal parts, they make a soup, either rich or maigre, according to circumstances. In the former case, they use gravy or strong beef broth, with herbs, spicery, and flour for thickening. When the dish is for maigre days, as Lent, they take the broth made of some other fish, and pass it through a sieve, adding thereto a bundle of sweet herbs,

and a due seasoning of spices. This is the first dish, and for the second, or stew, they slit the carp quite through the head to the tail along the back-bone. When the head is cut off, with a good shoulder, the largest part of the body, containing the bone, is divided into three pieces, which, with the half of the head, are put into the blood in the pan, and dressed as before directed, either with a glass or two of rhenish wine, or double the quantity of ale, a little grated gingerbread, and sometimes only a small portion of vinegar, adding sweet herbs and spicery according to taste. This dish is usually served with lemon juice. The third dish consists of the remaining half of the head and body, divided in the same manner as for the stew, and dredged with flour, then fried brown and crisp, in oil or clarified butter.

To bake Carp.

Clean a brace of carp, and lay them in a buttered pan, season with cloves, nutmeg, mace, black and white pepper, sweet herbs, one onion, and one anchovy; then pour in a bottle of white wine, and send them to the oven. Let them bake an hour, and when done, lay them in a dish, which must be set over some boiling water, and kept covered. Pour the liquor in which the fish were baked into a saucepan, boil it a few minutes, strain it off, and add thereto half a pound of butter rolled in flour; let it boil, and keep it stirring. Squeeze in half a lemon, and put in some salt, pour the sauce over the carp, lay the roes round the dish, and garnish with slices of lemon.

To boil Pike.

Having cleared the fish of the gills and entrails, make a forcemeat of chopped oysters, the crumb of half a roll, a little lemon peel shredded fine, a piece of butter, the yolks of two eggs, some sweet herbs, and season with salt, pepper, and nutmeg. Mix these well together, put the whole into the belly of the fish, sew it up, and skewer it round. Pour some hard water into a pan, with a little salt, and three or four spoonsful of vinegar, and when the liquor boils, put in the fish, which, if it is of a moderate size, will be done in half an hour. Serve with oyster sauce separately, but first pour a little on the fish. Garnish with pickled barberries.

To roast a Pike.

Scale and wash the fish, lard it with eels rolled in sweet herbs and spicery, roast it at length, or fasten its tail into the mouth, baste it with butter, and strew over it crumbs of bread. Serve it up with anchovy or oyster sauce.

To bake Pike.

After cleaning and scaling it, open the fish near the throat, and stuff it with a mixture of grated bread, anchovies, herbs, salt, suet, oysters, mace, pepper, four yolks of eggs, and half a pint of cream. When the fish is thoroughly filled, sew it up, as before directed, and put some bits of butter over it, and send it to the oven. Serve with gravy, butter, and anchovy.

To stew Pike.

Make a browning with butter and flour, and put it into the pan, with a pint of red wine, four cloves, twelve small onions parboiled, and some pepper and salt. Cut the fish in pieces, and stew the whole gently. When done, take it out, and add to the sauce two anchovies, and a spoonful of capers chopped small. Boil it a few minutes, and pour it over the pike. Garnish with fried bread.

To boil Mackarel

Wash, clean, and put them into cold water, with a handful of salt, and let them simmer rather than boil. A mackarel of moderate size will be done in about fifteen minutes, but it is easy to ascertain when they are boiled sufficiently by the projection of the eye, and the splitting of the tail. As the roe is seldom done enough in the ordinary way, it will be advisable to make a slit in that direction of the belly. Garnish with minced fennel.

To broil Mackaree.

Clean the fish, wipe it on a dry cloth, and having cut a slit down the back, lay it on the gridiron over a slow fire, taking care to turn it when one side is done. Season it with pepper and salt, and put some fresh butter in the fish, as well as on the outside.

To bake Mackarel.

Open them, cut off their heads, take out the roes, and clean them well, rub them on the inside with some pepper and salt; then replace the roes, and season the fish with pounded allspice, black pepper, and salt; lay them in a pan, covered with equal quantities of vinegar and water, tie them over with strong white paper doubled, and bake them for an hour in a slow oven. They may be kept for a fortnight.

To boil Trout.

They must be boiled in water, vinegar, and salt, with some horse-radish, and served up with anchovy sauce and plain butter.

To broil Trout.

Clean and dry your fish, and tie it round with packthread, to preserve the shape. Melt some butter with a good deal of fine salt, and cover the trout with it; then put it on a clear fire, and let it broil gradually, but at some distance. Wash and bone an anchovy, cut it small, and chop up some capers. Melt butter with flour, and add thereto pepper, salt, nutmeg, and half a spoonful of vinegar. Pour this over the fish, and serve it hot.

To fry Trout.

When scaled, gutted, cleaned, and dried, dust them with flour, and set them before the fire. Fry them of a fine colour, with dripping, and serve with crisped parsley and plain butter. You may dress perch and tench in the same way.

To stew Trout.

Take a large fish, clean it well, and put into its belly a stuffing made of grated bread, a bit of butter, chopped parsley, lemon peel, pepper, salt, nutmeg, savoury herbs, and the yolk of an egg, thoroughly mixed. Then put the trout into a stewpan, with a quart of good gravy, and half a pint of white wine, an onion, some whole pepper, a few cloves, and a little lemon peel. Stew the whole gently over a slow fire, and when done, add to the sauce a little flour and cream, some catsup, and the juice of a lemon. Let it just boil, then strain it over the trout, and send the dish to table.

To dress Trout in the Genevan manner.

Clean the fish as before, put it into the stewpan, with half a pint of champaign, and the same quantity of Moselle, Rhenish, or Sherry wine. Season with pepper, salt, an onion, and a few cloves stuck in it, a bunch of parsley and thyme, and a crust of bread. Set it over a quick fire, and when the fish is nearly done, take out the head, bruise it, and thicken the sauce with flour and butter, and let it boil up. Lay the trout in a dish, and pour the sauce over it. Serve with slices of lemon, and fried bread.

To dress Perch and Tench.

Perch is a most delicate fish, which may be either fried or stewed, though in the latter way the flavour is not preserved. To boil perch, put the fish into the water when of a boiling heat, with some salt, an onion cut in slices, some parsley, and a little milk. When done enough, put the fish into a soup dish, and pour over it a little of the liquor it was boiled in, with the parsley and onions. Serve it with melted butter and parsley. Some persons put perch and tench into

cold water, and boil them gradually, then serve with melted butter and soy.

To fry Tench.

Split them along the backs, and raise the flesh from the bone, cut the skin across at the head and tail, take it off, and remove the bone. Next mince the fish, with mushrooms, chives, and parsley, salt, pepper, mace, nutmeg, and herbs. Mix these together, pound them in a mortar, with crumbs of bread soaked in cream, the yolks of three or four eggs, and a little butter. With this, stuff the rest of the fish, and fry them in clarified butter, strewing over them some flour. When brown, take them out, and lay them before the fire. Pour the fat from the pan, and then melt in it some butter and flour, keeping it stirred till brown, after which, add thereto half a pint of white wine. Stir these well, put in half a pint of boiling water, an onion, cloves, sweet herbs, and mace. Cover them close, and stew gently for a quarter of an hour; then strain off the liquor, put the whole in again, with two spoonsful of catsup, an ounce of truffles or morels boiled tender in half a pint of water, mushrooms, and half a pint of oysters. Pour the sauce over the fish, and let them lie in it till thoroughly hot; then take them out, put them into another dish, and serve them with the sauce. Garnish with sliced lemon.

To boil Plaice, Flounders, and Dabs.

Cut off the fins, nick the brown side under the head, and take out the entrails; then dry the fish with a cloth, and boil them in salt and water. Serve with shrimp, cockle, or muscle sauce, and garnish with pickled cabbage.

To dress a large Plaice.

Keep it a day sprinkled with salt, then wash, and wipe it dry, after which, wet it with the yolk of an egg, and strew over it some bread crumbs. Fry the fish in lard, and two spoonsful of vinegar, both of which must be made hot before the plaice is put into the pan. When brown, drain off the fat, and serve with fried parsley and anchovy sauce.

To fricassee Flounders.

Raise the flesh on both sides, from the head to the tail, with a sharp knife, take out the bone, and cut the rest of the fish into six pieces. Dry them, sprinkle some salt over them, dredge with flour, and fry them in a pan, with hot beef dripping. When crisp, take them out, drain off the fat, and set the fish before the fire. Clean the pan, and put therein some minced oysters, with their liquor strained clear, stew these together a few minutes, and put the whole to the fish, with about a quarter of a pound of fresh butter. Garnish with

sliced lemon, and the yolks of some eggs boiled hard and cut small; other fish may be done in the same way

To boil Haddock.

Wash the fish, and put it into the kettle, when the water boils. One of three pounds will take from ten to fifteen minutes. The best mode is to salt haddocks a day or two before dressing, and serve them with egg sauce. They are also good fried.

The Scotch way of cooking Haddocks.

If boiled, they are previously salted, and the head and skin taken off. They are also broiled, and served with cold butter, or fried after being boned and cut into pieces, then done over with egg, and crumbs of bread strewed upon them. In this manner they resemble soles. Some split them down the middle, rub them with butter, and roast them in a Dutch oven.

To dry Haddocks.

Take out the gills, eyes, and entrails, and clear the backbone of the blood. Wipe them dry, and put some salt into the bodies and eyes. Let them lie on a board all night, then hang them in a dry place for three or four days, when they will be fit for use. After skinning them, rub them with egg, and strew crumbs over them. Lay the fish before the fire, and baste them with butter, till they are brown. Serve with egg sauce.

To broil Haddocks.

Clean and wash the fish, then dry them in a cloth, rub some vinegar over them to keep the skin from breaking. Dredge them with flour, rub the gridiron with beef-suet, or fat bacon, and let it be hot when the fish are laid on. Turn them two or three times, and when done, serve them with melted butter or shrimp sauce. *Whilings* may be dried and broiled in the same way as haddocks.

To boil Soles.

Wash and clean them well, put them into a kettle, with a handful of salt, and as much cold water as will cover them. Set the kettle on one side of the fire, let it boil gently, and remove the scum as fast as it rises. A moderate-sized sole will take about five minutes. Garnish with either sliced lemon, parsley, fried smelts, or oysters, and serve with parsley and butter, anchovy, or shrimp sauce.

Another way.

Having skinned a pair of soles, wash, and lay them in vinegar, salt, and water, for two hours, dry them in a cloth, put them into a stewpan, with a pint of white wine, a bunch

of sweet herbs, an onion stuck with six cloves, some whole pepper, and a little salt. Cover them, and when brown, take them up, strain off the liquor, and thicken it with flour and butter. Pour the sauce over the fish, and garnish with horse-radish and lemon.

To fry Soles.

Take off the skin, rub the fish with the yolk of an egg, and then strew upon them some bread crumbs. Fry them in lard over a brisk fire, till they are brown. Serve them up with plain butter, and garnish with green pickles.

Another method.

Having skinned a brace of soles, divide them from the back-bone, and take off the heads, fins, and tails. Sprinkle them on the inside with salt, roll them tight from the tail upwards, and fasten them with small skewers. If the soles are large, make two rolls of each fish. Rub them twice with the yolks of eggs, and strew crumbs of bread over them each time. Fry them in lard or clarified butter.

To stew Soles.

Half fry them in butter, then take them out, and put into the pan a quart of water, two anchovies, and a sliced onion. Replace the fish in the pan, and let them stew gently twenty minutes, or half an hour, according to the size. When taken out, squeeze a lemon over the pan, and thicken the liquor with butter and flour. Having given it a boil, strain it through a sieve over the fish, and serve with oyster or shrimp sauce. Flounders and plaice may be done in the same manner.

Soles done in the Portuguese way.

Take a large sole, or two small ones; if the former, cut it in two, but if the latter, split them. Having cleared the fish of the bones, put it into a frying pan, with a little butter and some lemon juice. When of a light brown, lay the fish on a plate, and spread forcemeat over each piece, roll it round, and fasten it with skewers. Lay the rolls in an earthen pan, beat an egg, and wet them all over, strewing them with crumbs, and put the remainder of the egg, with a little meat gravy, a spoonful of caper pickle, an anchovy chopped small, and some minced parsley, into the pan, cover it close, and let it bake till done enough, in a slow oven. Place the rolls in the dish that is to be sent to table, and cover it to keep them hot, while you skim the gravy. A stuffing for baked soles may be thus made:—Pound cold beef, mutton, or veal, then add some fat bacon that has been lightly fried, cut small, and some onions, a little garlic or eschalot, some parsley, anchovy, pepper, salt, and nutmeg; pound them fine with a few crumbs of bread.

To fricassée Soles.

When skinned and cleaned, cut off the heads of the fish, and dry them on a cloth. Separate the flesh from the bones and fins, cut it first lengthwise, and then across, so that each fish may be divided into eight pieces. Put the heads and bones into a pan, with a pint of water, sweet herbs, an onion shredded, whole pepper, two or three blades of mace, a piece of lemon peel, a little salt, and a crust of bread. Cover the whole close, and let it boil till reduced to one half, strain through a fine sieve, and put the liquor into a stewpan, with the fish, adding half a pint of white wine, some chopped parsley, a few mushrooms cut small, grated nutmeg, and a piece of butter rolled in flour. Keep the pan shaking over a slow fire till the soles are done, then serve them up with the gravy, and garnish with lemon.

To marinade Soles.

Boil the fish in salt water, then bone and drain them, after which, lay them on their backs in a dish, boil some spinach, pound it in a mortar, next chop separately the whites and yolks of four eggs boiled hard, lay them with the spinach in separate portions among the fish, and serve with melted butter.

To dress Red Mulletts.

Clean them well, but leave the inside, case them in oiled paper, and bake them gently. The liquor produced by the fish makes a good sauce, with the addition of anchovy, a glass of sherry, and a little butter rolled in flour: give it a boil, and serve in a tureen, but the mullets in their paper cases. To boil these fish, use salt and water, and when done, pour away part of the liquor, adding to what remains, a pint of red wine, salt, vinegar, two onions sliced, a bunch of sweet herbs, nutmeg, beaten mace, and lemon juice. Boil these ingredients, with two or three anchovies, then put in the mullets, and let them simmer some time. Serve with the sauce, and shrimps or oysters. To fry mullets, scale and gut them, score across, and dip them in melted butter. Fry them in oil or clarified butter, and serve them with anchovy sauce.

To dress Pipers.

They may be either boiled or baked, with a pudding, well seasoned. If done in the latter way, put some rich gravy into the dish, and when baked, add to the liquor some essence of anchovy and juice of lemon, then boil the whole for sauce.

To boil John Dory.

This delicate fish, which has been immortalized by Quin, requires particular care in the dressing. It should be put

into cold spring water, with a little salt and vinegar, and when it begins to boil, add some more water, then put it by the side of the stove to simmer for a few minutes.

To dress Thornback or Skate.

Skate is very good when in season, but not otherwise. To have it firm and dry, the fish should be crisped, but those who like it tender, should keep it one, two, or even four days, according to the weather. Young skate eats remarkably well, crisped and fried. To boil skate, cut it into long pieces, and crossways, about an inch in breadth; then put the fish into spring water and salt. Let it boil a quarter of an hour, and serve it with melted butter and anchovy sauce. To roast skate, take off the fins, after they have hung a day or two in the air, and while before the fire baste them with butter. Serve as before. To fry skate, dip the pieces in butter, or do them with bread crumbs. The former way will require more lard or butter. To fricassee skate, prepare them as directed for soles, after which, put the fish into a stewpan. Every pound will require a quarter of a pint of water. Add thereto some beaten mace and grated nutmeg, sweet herbs and salt, cover the whole, and let it boil a quarter of an hour, then take out the herbs, put in a quarter of a pint of cream, a piece of butter rolled in flour, and a glass of sherry. Shake the pan all one way, till the fricassee is smooth and thick. Garnish with slices of lemon.

To dress Muids

These should be hung up in the open air one or two days. They may be either broiled, fried, or, if tolerably large, the middle part may be boiled, and the fins put into a stewpan, and fried, dipped in egg, and covered with crumbs of bread.

To fry Smelts

Having washed them, and cleared away the gills, dry them in a cloth; then lightly flour them, but shake it off again. Rub over the fish with a feather, some egg beat up very fine, and then strew on crumbs of bread. Fry the smelts in lard over a clear fire, and put them in when the fat boils. When of a fine brown colour, take them out, and drain them. Garnish with fried parsley and lemon.

To pickle Smelts

Wash, clean, and gut a quarter of a peck of smelts, take half an ounce of pepper, as much of nutmeg, a quarter of an ounce of mace, half an ounce of saltpetre, and a quarter of a pound of common salt. Pound all fine, and place your fish in rows in a jar; between every layer of smelts, strew the sea-

soning, with the addition of four or five bay leaves. Boil some red wine, and pour a sufficient quantity over the fish to cover them. Lay a plate upon them, and when cold, stop them close. They make a pleasant article for supper.

To fry Lampreys.

Open and clean them, but save the blood, wash them in warm water, and then fry them in dripping. When nearly done, pour off the fat, add a little white wine, and shake the pan round. Put in some white pepper, sweet herbs, capers, a piece of butter rolled in flour, and the blood. Cover the pan close, and shake it frequently. When done, take the fish out, strain off the sauce, then return it again to the pan, and give it a quick boil. Add the juice of a lemon, stir the whole together, and when about to boil, pour it over the fish. Serve it up with a garnish of sliced lemon.

To stew Lampreys.

Having gutted and cleaned the fish, season them with salt, pepper, lemon peel shredded fine, mace, cloves, and nutmeg. Put some pieces of butter into the stewpan, roll your fish round, and put them in with half a pint of gravy, a glass of white wine, a bunch of marjoram, winter savory, thyme, and a sliced onion. Stew over a gentle fire, and keep turning the fish till they are tender, then take them out, and add an anchovy to the sauce. Beat the yolk of an egg very fine, and thicken the liquor with it, or do the same with a piece of butter rolled in flour. When the sauce boils, pour it over the fish, and serve them up. Eels may be done in the same way.

The Worcester method of stewing Lampreys.

Clean the fish well, take out the cartilage which runs along the back, and season with cloves, mace, nutmeg, pepper, and allspice; put the whole into a pot, with strong beef gravy, and equal quantities of red port, white wine, or cider. Cover the pot close, stew till the fish is tender, then take it out, and keep it hot. In the mean time, boil up the liquor again, with two or three anchovies chopped, flour and butter, strain the gravy through a sieve, and add thereto some lemon juice, and made mustard. Serve it up with sippets of bread and horse-radish. Eels may be done in the same manner. If there is spawn, it should be fried and put round the dish.

To fry Gudgeons, and other small Fish.

They should be fried brown, and then be well drained from the fat. Serve them up with anchovy sauce or plain butter, and garnish with lemon.

To boil Eels.

After cleaning them, cut off their heads, dry, and twist them round on the plate. Boil them in salt and water, and serve them up with parsley and butter. The liquor in which they are boiled, if not too thin, is exceedingly nutritious, and even medicinal in consumptive cases.

To broil Eels.

Rub them, when cleaned, with the yolk of an egg, strew over them crumbs of bread, chopped parsley, sage, pepper, and salt. Baste them well with butter, and put them on a gridiron over a clear fire. Serve them as in the preceding way.

To fry Eels.

Clean them thoroughly, cut them in pieces, season them with pepper and salt, beat up an egg, and dip the eels therein, after which, strew some crumbs over them, then flour, and fry them in butter or lard. Drain them when done, and serve them up with plain butter, the juice of lemon, or parsley and butter. Garnish with crisped parsley.

To roast Eels.

Cut them in pieces, according to the size, make a seasoning of grated nutmeg, white pepper, or long pepper and salt, with some thyme, sage, and lemon peel, all pulverized or shredded small, and mixed with crumbs of bread. Strew this over the eels, fasten them with skewers to the spit, baste them constantly, and let them roast till they crack, and appear white to the bone. Send them up with melted butter and lemon juice.

To bake Eels.

Cut off their heads, and clean them thoroughly. Make a forcemeat of shrimps or oysters chopped small, crumbs of bread, some lemon peel shredded fine, the yolks of two eggs, a little salt, pepper, and nutmeg. Put this mixture into the bellies of the fish, sew them up, and turn them round. Put flour and butter over them, pour some water into the dish, and bake the eels in a moderate oven. When done, take out the gravy, and skim off the fat, strain it through a hair sieve, and add a tea-spoonful of lemon peel, two of browning, a spoonful of walnut catsup, a glass of white wine, one anchovy, and a slice of lemon. Boil it ten minutes, and thicken with flour and butter. Garnish with lemon and crisped parsley.

To fricassee Eels.

Skin three or four large fish, and notch them from head to tail, cut each eel into four or five pieces, and lay them in spring

water for half an hour, dry them in a cloth, and put them into the pan, with fresh butter, one or two onions, and some chopped parsley. Set the pan on the fire, and shake it for a few minutes, then put in about a pint of white wine, and the same quantity of good gravy, with pepper, salt, and a blade of mace. Stew the whole together about half an hour, and then add the yolks of four or five eggs, some grated nutmeg, and chopped parsley. Stir these well, and let them simmer four or five minutes, after which, put in the juice of a Seville orange or lemon. Garnish with lemon in slices.

Spitchcocked Eels.

Take two silver eels of a moderate size, rub them well with salt, and either skin them, or wash them and cut off their heads, slit them up on the belly side, take out the bones and guts, and clean them thoroughly; next cut them in pieces of about three inches in length, and wipe them dry, put two ounces of butter into a pan, with minced parsley, thyme, sage, pepper, salt, and a little shalot chopped fine. When the butter is melted, stir the ingredients together, take the pan off the fire, and add the yolks of two eggs, and dip therein the pieces of fish, one at a time. Roll them well in crumbs of bread, rub a gridiron with suet, set it high over a clear fire, and broil them till they are of a fine brown colour. Serve them with crisped parsley, one boat of plain butter, and another of anchovy and butter. Some persons prefer having the eels skinned.

To boil Herrings.

Having cleaned and scaled the fish, dry them well, and rub them over with a little salt and vinegar. Fasten the tails in their mouths, and lay them on the fish plate. Put them into the water as soon as it boils, and let them remain about twelve minutes. On taking them up, let them drain, and then turn the heads into the middle of the dish. Serve with butter and parsley, and garnish with scraped horse-radish.

To broil Herrings.

Clean them, and cut off their heads, dry them in a cloth dust them with flour, and lay them on the gridiron. Wash the heads, and boil them in small beer, with whole pepper and onions. When done, strain off the liquor, and thicken it with butter, flour, and mustard. Lay the herrings in a dish, pour the sauce into a boat, and serve them up.

To fry Herrings.

Scale the fish, wash, and dry them well, dredge them with flour, and fry them in butter over a brisk but clear fire. When done, set their tails one against the other in the

middle of the dish. Fry crisp a handful of parsley, take it out before the colour changes, lay it round the herrings, and serve them up with melted butter, parsley, and mustard.

To bake Herrings.

Scale, wash, and dry them well in a cloth, lay them on a board, mix some black pepper, and a few cloves, pounded with plenty of salt, and rub the fish all over. Lay them straight in a pot, cover them with vinegar, put in a few bay leaves, tie strong paper over the top, and bake them in a moderate oven. They may be eaten either hot or cold, and if the best vinegar is used, they will keep good two or three months. Sprats may be done in the same way.

To pot Herrings.

Cut off their heads, and lay the fish close together in an earthen pot, strewing a little salt between every layer; add some cloves, mace, whole pepper, and a nutmeg sliced. Fill up the vessel with vinegar, water, and a quarter of a pint of white wine. Cover it close with brown paper, and put it into the oven. When cold, take out the herrings, put them into other pots, tie them close with paper, and keep them for use.

To smoke Herrings.

Having cleaned your fish, lay them for a night in a mixture of common salt and a little saltpetre. The next day, pass a stick through the eyes, and hang a row of herrings over an old cask, in which place some saw-dust, and in the midst of it a heater red hot. Let them remain suspended in the smoke twenty-four hours.

To dress Red Herrings.

The preference is to be given to those which are large and juicy, cut them open, pour some boiled small beer over them, and let them soak an hour; then drain, and heat them through before the fire, rub some butter over them, and serve them with egg sauce, or buttered eggs, and mashed potatoes.

Sprats.

These should be broiled in the same manner as herrings, with the exception, that if you have not a sprat gridiron, manage them in this way:—When cleaned, fasten them in rows, by running a skewer or wire through the heads. Serve them up as hot as possible.

To boil Lobsters.

It is advisable to purchase them alive, as the dealers often starve them, by which means they are very unsavoury. Choose

the most active, and of a middling size, but avoid such as have the shell incrusted, for it is a sign they are old. The male is best to eat, and the female for sauce. Set on a pot, with a table-spoonful of salt to a quart of water, and when it boils, put in the lobster, and keep it boiling briskly from half an hour to an hour, according to the size. Wipe off the scum, and rub the shell with butter or oil, break off the great claws, crack them at the joints, so as not to shatter them, cut the tail down the middle, and send up the body entire. Lobsters come into season about April, and continue till September, after which they begin to spawn.

To roast Lobsters.

Half boil a lobster, then take it out of the water, rub it well with butter, and set it before the fire. Continue the basting till it froths, and the shell has a brown colour. Then put it into a dish, and serve it with melted butter.

To stew Lobsters.

Pick out the meat, put the berries into a dish that has a lamp, and rub them down with a little butter, two spoonful of gravy, one spoonful of soy, or walnut catsup, some salt, and cayenne pepper, and a spoonful of red port. Stew the lobster with the gravy.

Buttered Lobsters.

Clear out the meat, cut it small, and warm it with some thin brown gravy, nutmeg, salt, pepper, butter, and flour. If to be done white, substitute white for brown gravy, or you may adopt cream instead of either.

To make a Curry of Lobsters.

Having taken the edible substance from the shells, lay it in a pan, with a little mace, three or four spoonful of veal gravy, and four of cream, rub smooth one or two tea-spoonful of curry powder, one of flour, and an ounce of butter. Simmer these together for an hour, squeeze therein half a lemon, and add some salt. Prawns may be used instead of lobster. Add rice as usual.

To dress Crab hot.

Pick out the meat, put the whole into a pan, with an ounce of butter, a little essence of anchovy, a tea-spoonful of mustard, two table-spoonful of oil, and the same quantity of common, one of elder, and one of Chili vinegar, with a handful of bread crumbs. Mix the whole with a spoon, put it into the shell, with more crumbs over it, drop thereon some clarified butter, and put it into the oven; if not sufficiently brown when taken out, brown it with the salamander.

To dress Crab cold.

Pick out the meat from the inside, and put it by itself in one plate, and that of the claws in another, adding to the former some bread crumbs, cayenne, essence of anchovy, two spoonfuls of common vinegar, some clarified butter, and a spoonful of elder vinegar. Mix these ingredients thoroughly, clean the shell out, put the dressed part at one end, and that of the claws at the other. Pound the spawn in a mortar, rub it through a sieve, and lay it over the crab in diamonds. If there is no spawn, substitute that of a lobster, lay parsley round the fish, and make a circle of the small claws, with more parsley between that and the shell.

To butter Prawns or Shrimps.

Pick them out of the shells, and warm them in gravy, with butter and flour, a little nutmeg grated, salt, and pepper; let them simmer a few minutes, and then serve them with sip-pets of bread, or with cream sauce.

Prawns and Crayfish in Jelly.

Put some good fish jelly at the bottom of a deep dish, and when cold, lay the fish on it with their backs downwards, pouring more jelly over them. Turn out the jelly on its becoming perfectly cold.

To stew Prawns, Shrimps, or Crayfish.

Pick out the tails of two quarts of fish, put the bodies into a stewpan, with a little mace, about a pint of white wine, or water and vinegar. Stew the whole for a quarter of an hour, stir them well, and strain off the liquor. Next wash out the pan, and put in the strained liquor, together with the tails. Grate therein a small nutmeg, add a little salt, four ounces of butter rolled in flour, and shake the whole thoroughly. Cut thin a large slice of bread, toast it brown, divide it into six pieces, lay them close together at the bottom of the dish; pour the fish and sauce over it, and serve it hot. Crayfish should be garnished with some of the large claws, laid round thick.

To feed Oysters.

Cover them with pure salt and water, in the proportion of a pint of the former to two gallons of the latter. After they have lain twelve hours, change the water for a fresh supply, and in twelve hours more they will be fit to eat, and continue so for two or three days. The Colchester or Pyfleet barrelled oysters packed at the beds, need not be put into water, but will keep good for a week or ten days. To preserve them alive, take off the upper hoop of the barrel, by which means the head will

fall upon the oysters, then lay a heavy weight upon it to keep them close together. It ought to be observed, however, that the barrell'd oysters commonly sold, are nothing more than the small natives picked from the stock, and put into a tub, to deceive the inexperienced. Raw oysters should be eaten immediately as soon as opened, otherwise they will lose their flavour.

To fry Oysters.

Chuse the largest for this purpose, and when thoroughly cleaned, strew over them a little grated nutmeg, a blade of mace pounded, a spoonful of flour, and some salt. Dip each of the oysters into this mixture, and fry them in lard till they are brown. Take them out, and pour over them a little melted butter, mixed with crumbs of bread.

To fricassee Oysters.

Put into the pan a slice of ham, a bunch of parsley, some sweet herbs, and an onion stuck with cloves. Stew these over a gentle fire for a few minutes, and add thereto a little flour, some good broth, and a piece of lemon peel. Then put in the cysters, and let the whole simmer till thoroughly hot. Thicker with the yolks of two eggs, a little cream, and a piece of butter, but take out the ham, herbs, onion, and peel, adding, instead of the last, some of the juice. Shake the pan well, and when it simmers, pour the whole into a dish.

To ragout Oysters.

On opening them, save the liquor, and strain it through a sieve, wash the oysters clean in warm water, and make a batter by beating up the yolks of two eggs, with half a grated nutmeg, add thereto some lemon peel cut small, a handful of parsley, and a spoonful of the juice of spinach, with two of cream or milk, and thicken the whole with flour. Put some fresh butter into a stewpan, and when hot, dip each oyster into the batter, roll them in crumbs of bread grated fine, and fry them brown, then take them out, and set them before the fire. After this, fry in butter as quick as possible, a quart of chesnuts shelled and skinned, and when done, pour the fat out of the pan, shake some flour over it, and rub a piece of butter all round. Put in the oyster liquor, three or four blades of mace, the chesnuts, and half a pint of white wine. Boil them, and add thereto the yolks of two eggs, beat up with four spoonsful of cream. Stir the whole well, and when thick and fine, lay the oysters in the dish, with the ragout over them. Garnish with chesnuts and lemon sliced.

To scollop Oysters.

Stew them gently in their own liquor three or four minutes, take them out, beard them, and skim the liquor. Put a little

butter into the pan, and when melted, add to it as much bread crumbs as will absorb it. Then put the oyster liquor into buttered scallop shells, strew it with crumbs, then place therein a layer of oysters, next of crumbs, and so on, till the stock is exhausted. Moisten these layers with the oyster liquor, cover them with crumbs, put a little butter on the top of each, and brown them in a Dutch oven. Essence of anchovy, catsup, cayenne, grated lemon peel, mace, and other spicery, may be used to give the dish a flavour. Any cold fish may be dressed in the same manner. Small scallop shells, or saucers holding about half a dozen oysters, are the best for use.

To stew Oysters.

Large oysters are generally preferred for this purpose. Stew about two dozen of them in their own liquor, and just as they are about to boil, skim the whole well, take them up, and beard them. Strain the liquor through a sieve, and lay the oysters on a dish. Put an ounce of butter into a stewpan, and when melted, strew in as much flour as will dry it up, with the liquor, and three table-spoonsful of milk or cream, a little white pepper, and salt. Some add a little catsup, finely chopped parsley, the grated peel, and the juice of a lemon. Boil the whole well for two minutes till smooth, then take it off, put in the oysters, and let them get warm, taking care that they do not boil. Line the bottom and sides of a dish with sippets of bread, and pour to them the oysters and sauce.

To stew Oysters in French rolls.

Wash them in their own liquor, then strain it, and put it in again, with salt, ground pepper, beaten mace, and grated nutmeg. Stew these together for a short time, and thicken the whole with butter. Cut off the tops of a few French rolls, and take out as much of the crumb as to admit some of the oysters, filling them in boiling hot. Then set them over a stove, or chafing-dish of coals, till they are heated through, filling them up with more liquor or gravy, as the fish is absorbed. Serve them up as puddings.

Oyster Loaves.

Take out the crumb of some small loaves, lay oysters in a stewpan, with their liquor, the bread, and a piece of butter. Stew all these five or six minutes, then add a spoonful of cream, and fill up the loaves, placing a little crust on the top of each, and bake them

To stew Muscles.

Wash them in several waters, put them into a stewpan, and cover them close. Let them stew till the shells open, then

pick out the fish, and examine under the tongue of each, to see if there be a small crab, and if there is, throw it away. Pick off likewise the tough membrane under the tongue. Then put the muscles into a saucepan, adding to every quart of fish, half a pint of the liquor strained through a sieve. Put in a few blades of mace, a piece of butter rolled in flour, and stew them gently. Lay some toasted bread in the dish, pour the muscles on it, and serve them up.

To ragout Muscles.

Put the muscles into a saucepan, and stew them till they open, then take them out of the shells, and save the liquor. Lay in the pan a piece of butter, a few chopped mushrooms, a little parsley, and grated lemon peel. Stir the whole together, add some gravy, pepper, and salt, thicken it with flour, boil it up, put in the muscles, with their liquor, and when hot, serve them up. There is a poisonous quality in some muscles, the cause of which cannot easily be ascertained, but it may be detected by putting into the pan a piece of silver, which will be discoloured if the fish are unwholesome.

VEGETABLES.

Scarcely any thing in the range of the culinary art can be more important than the dressing of vegetables, and yet the English cooks in general fall far short of their neighbours the French, in this branch of their profession, by using more water than is necessary, which destroys, or at least neutralizes, the succulent juices of plants, and renders them indigestible. Another practice which too commonly prevails in our kitchens, is that of putting copper money into the boiling water with the vegetables, to give them a green appearance, instead of which, nothing but salt, or a little pearl ash, should be used for that purpose.

Vegetables forced out of season are far from being wholesome, and in general they are tasteless; but as interest and vanity combine to keep up a ridiculous practice, there is little chance of overcoming it by an appeal to common sense.

Were vegetable food, on an economical principle, more encouraged than it is in this country, the advantage would be soon powerfully felt, both in point of health and expense. Certain it is, that a great variety of palatable dishes might be hereby introduced at our tables, the general adoption of which among all classes would, beyond doubt, have the effect of reducing the price of every kind of meat.

In this department of cookery, it is necessary to pay attention to the following rules.

Vegetables should be gathered as fresh as possible, and where they cannot be so obtained, let them lie some time to revive in cold spring water. If too young, they have not attained the qualities proper to fit them for the stomach; if too old, they are equally unsalutary, by being deprived of them. Take care to clean them from insects, and to remove from them all decayed parts. Some salt thrown into the water in which they are laid, will render them more crisp, and purge them from impurities. The utensils in which they are dressed, must be kept perfectly clean, particularly those made of copper. The scum thrown up in boiling is to be carefully taken off as fast as it rises, for if it settles upon the vegetables, they will have a disagreeable appearance.

Take off the cover of the pan, when the water boils, to give free admission to the air.

POTATOES.

In the choice of these valuable roots, observe that those of a reddish colour are better than the pale white, and that the yellowish ones are the best of all. Prefer such as are of a moderate size, free from blemishes, and buy them in the mould, in which case do not wash them till they are wanted. Potatoes may be protected from the frost by being laid in heaps, and covering them with mats in a dry cellar, or burying them in sand or earth. Mealy potatoes digest easily, but close or waxy ones often produce severe indisposition of the stomach and bowels. Persons of delicate constitutions ought therefore to avoid them.

To boil Potatoes.

Wash and dress them without paring or cutting. Fill a saucepan half full of potatoes, of an equal size, for if you take large and small ones indiscriminately, the one will be spoiled before the others are boiled half enough. Just cover them with cold water, allowance being made for waste. Set them on a moderate fire, and when they boil, take them off, and set the pan on one side to simmer slowly, till the potatoes are soft enough to be pierced quite through with a fork. Then pour off the water, cover the pan, and place it at some distance from the fire, that the potatoes may become dry and mealy. A cloth fastened over the pan will keep them hot, and preserve the flavour.

To steam Potatoes.

Wash, and then put them into the steamer, when the water begins to boil. Those of a middling size will be boiled in

about three-quarters of an hour, but they must be taken up as soon as done, otherwise they will prove watery.

To broil Potatoes.

First boil them, and lay them on a gridiron, over a clear fire. Turn them till they are thoroughly browned, then send them to table dry, with melted butter in a boat.

To mash Potatoes.

Boil or steam some mealy potatoes, then rub them through a colander, into a stewpan, add half an ounce of butter to a pound of vegetable, a table-spoonful of milk, and a little salt. Stir the whole well together over the fire, but do not make it too thin. On taking the pan off, brown your mash with a salamander. You may shape the potato by putting it into cups, and on turning it out, rubbing it over with the yolk of egg, and then browning it in a Dutch oven.

Escalloped Potatoes.

Mash them as before directed, then butter some scallop shells or pattepanes, put in the potato, and make the substance smooth, cross a knife over it, strew some bread crumbs thereon, and sprinkle the whole with a little melted butter, in doing which use a paste brush. Then set the shells in a Dutch oven; and when done on one side, take the potato out of the shells, and brown the other.

To mash Potatoes with Onions.

Boil some onions, pass them through a sieve, and then mix the substance with that of the mashed potatoes. The proportion of the two articles must be regulated by the palate.

To roast Potatoes.

Where it can be done, potatoes should be roasted among wood embers, and suffered to lie therein some hours. Care must be taken not to put them in while the embers are very hot, otherwise the potatoes will be burned. Another way is, to put them, after being washed and dried, into a Dutch oven or cheese toaster, but not placed too near the fire. Large potatoes will require two hours in roasting, therefore, to save trouble, many persons half boil them beforehand. It is also common to send them to the oven, though in that case the skins are rendered tough.

To roast Potatoes under Meat.

Parboil some large potatoes, drain off the water, put them into a dish, under some meat while it is roasting, and baste them with the dripping. When browned on one side, turn them.

They may be either sent up in the same dish with the meat or separately.

To dress young Potatoes.

Rub them with a coarse cloth, flannel, or brush, and boil them as already directed, but young potatoes are quite vapid, till they come to a proper size.

To fry Potatoes whole.

When nearly boiled, put them into a stewpan, with a little butter, or dripping. Shake them about frequently, to keep them from burning. When brown and crisp, drain off the fat. If, previous to frying them, the potatoes are floured, and then dipped in the yolk of egg, and rolled in bread crumbs finely sifted, their appearance will be improved.

To fry cold Potatoes.

Lay some clean dripping in your pan, and when melted, slice in your potatoes, with some pepper and salt, put them on the fire, keep stirring them, and when quite hot, serve them up to table.

Another way.

Peel some large potatoes, and cut them into slices of about a quarter of an inch in thickness. Or you may cut them in shavings as in peeling a lemon. Dry them in a cloth, and fry them in lard or dripping. They will require a clean pan, and a quick fire, and when the lard boils, put in the slices, keeping them constantly moving till done. Take them up, and lay them to drain on a sieve. Send them to table with a little salt sprinkled over them.

Colcannon.

This dish is made by boiling potatoes and spinach, or any other greens, separately. Mash the potatoes, squeeze the greens dry, chop them fine, and having mixed them with some butter and salt, put the whole into a buttered mould, and then in a hot oven for ten minutes.

Potato Balls.

Mix some mashed potato with the yolk of an egg, roll the substance out in balls, and then either flour, or egg them with bread crumbs, after which, fry them in dripping, or brown them in a Dutch oven.

Potato Snow.

Procure the whitest sort of potatoes, and free from specks. Put them on the fire in cold water, and when they begin to crack, strain off the water, then place them in a clean stewpan by the side of the fire, till they are so dry as to fall to

pieces. Rub them through a wire sieve on the dish in which they are to be served.

To boil Turnips.

Very young turnips do not require paring, as the rind will boil soft, by which means the natural juices are preserved. But full-grown ones must be pared till the whole of the stringy part is cut away. If the turnips are large, slice them in two the broad way; if small, boil them entire. Put them into boiling water, and try them with a fork. When done enough, take them up, drain, and send them to table. Young turnips may have about an inch or two of the green tops left on them.

To mash Turnips.

When boiled quite tender, drain the water from them, and squeeze them well, then braise them in an earthen pan with a wooden spoon till they are thoroughly mashed. Rub the whole through a colander, add thereto a little butter, milk, or cream, with some salt, after which, put the mash into a saucepan till completely hot, and send it to table.

Turnips are sometimes boiled with meat, but this is not a judicious practice.

Turnip Tops.

These are the shoots which early in the spring grow out of the old roots. They are astringent, and a little bitter, but very wholesome. Put them into cold water an hour before they are dressed, and the more water they are boiled in, the better will be their appearance and taste. When the water begins to boil, put in some salt with the vegetables, which, if young, will be done in twenty minutes. Drain them on a sieve.

Hop tops may be dressed in the same manner, and also the young shoots of nettles and radishes. They are all excellent antiscorbutics.

Carrots.

They should be washed and cleaned well, but not scraped. An hour will suffice to boil young and early ones, which should be dressed whole, but old ones ought to be cut in two, and will take from an hour and a half to two hours and a half. When done, rub off the outside with a coarse cloth, slice them into two or four lengths, according to the size. Try them with a fork. Cold carrot with cold beef is much relished by many persons.

Parsneps.

These are to be boiled as carrots, but they require to be scraped, and will take a considerable time, according to the size. When the fork passes readily through them, it is a proof that they are done. They are sometimes mashed like turnips. Parsneps are a favourite accompaniment with salt pork, beef, and fish. Serve them with melted butter.

To boil red Beet-root.

These are dressed as the preceding articles, but without being scraped or cut, till after they are boiled, which will be from an hour and a half to three hours. Like parsneps, they are sent to table with salt fish, or boiled beef, and pork. Beet-root is commonly used as a garnish or salad, but it possesses claims of greater consequence, and would, if baked, afford a most nutritious food. As such it is used almost in every other part of Europe, especially in Italy, where beet-roots are cried about the streets twice a day, and purchased by all classes of people.

To roast Onions.

Do them with their skins on. They may be eaten with salt, and cold butter, roasted potatoes, or beet-roots. Portuguese or Spanish onions are the mildest.

To ragout Onions.

Peel a pint of young onions, and also four large ones, which must be cut small. Put butter into a stewpan, and when melted, throw in the onions, and fry them till they are brown. Then dust them with flour, and shake them round till they are completely thickened with it. Add some salt, beaten pepper, a quarter of a pint of good gravy, and a table-spoonful of mustard. Stir the whole together, and when thick, pour it into your dish. Garnish with fried bread crumbs.

To stew Onions.

Take off the upper coats of six large Portuguese or Spanish onions, but do not cut the tops or stalks close, otherwise the rest will fall to pieces. Spread them evenly on the bottom of a broad stewpan, and cover them with a little good gravy. Put them over a slow fire, and let them simmer about two hours. In dishing them, turn them upside down, and pour your sauce over them.

To boil Cabbage.

Cut off all the outside offal leaves, and lay the cabbage in water, if small cut it in two, but if large in quarters. Put the parts into boiling water, with some salt, and sprinkle a little also on the cabbage. As the scum rises take it off, and boil the cabbage till the stalks are tender. It will greatly improve the vegetable, by taking it up when half done, and putting it into another saucepan of boiling water, and keeping it therein till done. A middling-sized young cabbage will take about twenty minutes, but an old and large one will require near an hour. When taken up, drain it thoroughly in a colander. The hard white cabbage is very unwholesome.

Savoys, Sprouts, and young Greens.

These are to be done in the same manner as cabbages, only sprouts will take boiling about fifteen or twenty minutes, and so in proportion of the rest.

To boil Coleworts.

Trim and wash them well, then boil them in plenty of water, with some salt, and change the water as directed for cabbage. When done, drain them through a colander. The best kinds of coleworts are those called Yorkshire, Battersea, the Sugar Loaf, and Antwerp. There is a species termed Bore Cole, which in dressing takes a great deal of water, but it eats exceedingly well, and is particularly agreeable in winter.

To boil Brocoli.

Strip off all the side shoots, leaving only the head and part of the stalk. When well washed, put it into a pan of boiling water, with some salt. Let it boil briskly till the stalk is tender, then take it up with a slice, to avoid breaking the head. Drain, and serve it up. Brocoli boils best in a deep pan, as the heads then lie close to each other. It makes a good supper dish, with a taste like asparagus, but it must always be sent up to table hot.

To boil Cauliflowers.

The best are those which are close, white, and of a middling size. Cut off the stalk close at the bottom of the head, take away the outside leaves, and let it lie in salt and water an hour before it is dressed. Put it into boiling water, or milk and water, with salt, and let it boil slowly till done, observing to skim the surface well. When the stalk is so tender as to admit a fork, take it up immediately, to prevent its breaking. Serve it up in a dish by itself. Cold cauliflowers and French beans, carrots and turnips, boiled so as to eat crisp, are sometimes dressed as salad.

Brocoli or Cauliflower, and Cream.

Boil the vegetable till nearly done, then drain, and stew it for about ten minutes in a sauce made as follows:—To a quarter of a pint of good gravy, add a spoonful of vinegar, heat this over the fire, and then put in the brocoli or cauliflower. When done, take it out, and add the yolks of two eggs, and a quarter of a pint of cream, thicken it a few minutes over the fire, and then pour it on the vegetable.

Cauliflower in White Sauce.

Half boil the cauliflower, then cut it into pieces, and lay them on a stewpan, with a little gravy, some mace, salt, and

white pepper. Simmer half an hour, put in a little cream, butter, and flour, shake the pan, and let it remain over the fire a few minutes longer.

Sea Kale.

This plant, though now cultivated in gardens, grows wild on the sea coast, and is improved by the poor people, who hoe up the sand round the plants, and afterwards cut them for sale. They are tied up in bundles like asparagus, and are commonly dressed in a similar manner, being served up on toast, at the bottom of the dish, with melted butter or gravy.

To dress Cauliflowers and Parmesan.

Boil your cauliflower, drain it, and cut the stalk so that the flower will stand upright above the dish. Put it into a pan, with some white sauce, stew till done enough, which will be in a few minutes, then dish it with the sauce, and pour grated Parmesan over it. Brown it with a salamander.

Spinach.

Pick it carefully leaf by leaf, and then wash it in three or four waters, after which set it to drain. Fill a saucepan three parts full of water, and throw a handful of salt into it. When it boils, skim it, and put in the spinach. Make it boil till quite tender, pressing down the spinach as fast as it rises. If young, it will be done in ten minutes, but if old it will take a little more time. When boiled sufficiently, take it out, squeeze it dry with a plate, or between two trenchers, chop it fine, and put it into a stewpan, with a little butter and salt. Cream will improve it much, or, instead of it, use some rich gravy. Spread the spinach in a dish, and score it in squares, or press it in tin moulds shaped in the form of a leaf. Some persons add grated nutmeg, mace, and lemon juice to the spinach, when it is stirred up in the stewpan. Spinach is also frequently served with poached eggs and fried bread.

To stew Spinach with Sorrel.

Take spinach and sorrel in the proportion of three-fourths of the former to one of the latter. Pick and wash them well, cut them, and put them into a stewpan, with two or three spoonsful of water. Keep stirring them over the fire till they become tender, and almost liquid. Then leave the whole to stew at a distance from the fire, for an hour or more, stirring it every now and then. Add a little flour for thickening, and when done, season it with pepper and salt. This will make an excellent sauce for any kind of meat, and as a stew, all sorts of vegetables may be added to it.

To stew Sorrel for Roast Meat.

Sorrel may be stewed alone as in the preceding article, but another way is, to put it, after washing, into a silver vessel, or stone jar, with as much water as will hang on the leaves. Simmer it slowly, and when done, put in a bit of butter, and beat it well.

Asparagus.

Set a stewpan, with plenty of water, over the fire, strew a handful of salt into it, boil, and skim it. Prepare your asparagus, by scraping all the stalks till clean, throw them into cold water, when done tie them with tape in bundles, of about a quarter of a hundred each. Cut off the stalks at the bottom, that they may be all of a length, leaving just enough to take them up. Put them into the stewpan, and when tender in the stalk, they are done enough, and must be taken up immediately, for one minute more will destroy both flavour and colour. While the asparagus is boiling, toast the round of a good-sized loaf, cut about an inch in thickness, and when browned on both sides, dip it in the liquor, and lay it in the middle of the dish, taking care that part of it projects over the edge. Melt some butter, and send it up in a boat, or serve with white sauce.

Asparagus Peas.

These are the tops or green parts of small asparagus, a pint of which, after scraping them, are to be put into a stewpan, with some boiling water and a little salt. When nearly done, strain off the liquor, and reduce it to less than half a pint; add thereto about two ounces of fresh butter, a small portion of pounded loaf sugar, and thicken with flour and milk. Toast and butter some slices of French bread, lay them at the bottom of the dish, and pour in the peas, well mixed with the sauce.

To boil Green Peas.

To have these in perfection, they should be dressed as soon as possible after being gathered, and therefore, nothing can be more injudicious than to purchase them ready shelled. Separate the large from the small by passing them through a coarse sieve, for the one will require more boiling than the other. A peck of peas will take a gallon of water, which must be boiling when the peas are put in, with a spoonful of salt. Skim it well, and keep up the boiling from twenty to thirty minutes, according to their age and size. To ascertain when done enough, take out a few in a spoon, and taste them. Drain them on a hair sieve, and if required to be buttered before serving up, put them into a dish, with some bits over them, and cover them with another dish. It is better, however, to send the peas up plain, with melted butter sepa-

rately. Mint is commonly boiled with the peas, and some should be added by itself for garnish.

To stew Peas.

Put to a quart of strong gravy, the same quantity of peas, two or three lumps of sugar, pepper, and salt. Stew the whole gently till the peas are tender, and if the gravy wants thickening, add some butter rolled in flour. If the peas are old, half boil them first in hard water.

A mild way of stewing Pease.

Put a pint of young peas, and two lettuces cut small, with a little water, into a pan. Stew them gently till the peas are tender, then add four spoonsful of cream, a piece of loaf sugar, and the yolks of two eggs. Stir all these together over the fire, but without boiling. Put into the stew a little salt, before you serve it up.

Another way.

Take a quart of young peas, a small onion sliced, two cabbage lettuces cut small, and a sprig or two of mint. Put them into a stewpan, with some salt, pepper, mace, and half a pint of hard water. Stew them gently twenty minutes, then put in a quarter of a pound of butter rolled in flour, and a spoonful of mushroom catsup. Keep the pan over the fire, till the peas are tender, shake it frequently, but do not let it boil. An egg beaten up, and stirred in with the peas, will be an agreeable addition.

To stew old Peas.

Steep them in water all night, if remarkably hard, but otherwise half an hour will suffice. Put them into a pan with water enough to cover them, adding a good piece of butter, or a piece of beef or pork. Stew the whole gently, till both peas and meat are tender. Serve them together.

To boil French Beans.

Cut off the stalk ends, then string them from the opposite point, and throw them into spring water, with a little salt dissolved in it. Take them out, and put them over the fire in boiling water, with some salt, and in about a quarter of an hour try them by tasting. If tender, take them up, and drain them in a colander or sieve. Young beans should be boiled whole, but large ones must be cut in two or three pieces. Those of a considerable size have a pretty effect cut into lozenges. Scarlet runners are dressed in the same way. Some add a little cream, butter, and flour to French beans, before sending them to table.

To boil Windsor Bean

These ought not to be shelled till they are about to be dressed. They will require plenty of water, which must boil before they are put in, with some salt and parsley. Keep boiling till the beans are tender. Drain them, and garnish the dish with the parsley chopped. Serve them up with melted butter separately. Boiled pickled pork or bacon is commonly eaten with beans.

Fricassee Beans.

If large, but not mealy, boil, blanch, and lay them in a white sauce made hot. Just warm the beans through, and serve them.

To dress Artichokes.

These are better for being gathered two or three days before they are dressed. Trim off some of the outside leaves, and cut the stalk even at the bottom. If artichokes are young, half an hour will suffice to boil them; but if old, they will take an hour and a half or two hours. Serve them with melted butter in a small cup to each artichoke.

Artichoke Bottoms.

If these are dried, they must be soaked, and then stewed in weak gravy, or they may be boiled in milk, and served with cream sauce. Or you may add them to ragouts, French pies, and other dishes. If stewed, serve them up with or without forcemeat.

To boil Jerusalem Artichokes.

These must be taken up immediately on being done, otherwise they will be too soft. Boil them plain, and serve them with white fricassee sauce.

To stew Cucumbers.

Peel and cut them in quarters, take out the seeds, and lay them on a cloth to drain. When dry, flour them, and put them into a pan, with some fresh butter previously heated. Fry them till brown, then take them out with an egg-slice, and lay them on a sieve to drain off the fat. Some persons choose to fry small onions, or a large one cut in pieces, with them. Put the cucumbers again into the pan, with gravy enough to cover them. Stew them slowly till they are tender, and then take them out as before. Thicken the gravy with flour and butter, give it a boil, season with pepper and salt, and put in the cucumbers once more. When warmed through, they are ready. By rubbing the stew through a tammy or fine sieve, you will have a good sauce for chops or beef-steaks, but in the latter case, a third portion of sliced onion should be fried with the cucumber.

To stew Cardoons.

Take the inside of cardoons, wash them well, and boil them in salt and water. Put them into a pan, with a little veal gravy, lemon juice, a spoonful of mushroom catsup, and some pepper and salt. Thicken the whole with flour and butter, then boil, and serve them up. To fry cardoons, proceed as for stewing, after which, dip them in a batter made of flour and ale, put them into a pan of boiling lard, pour melted butter over them, and serve them up.

Cardoons à la Fromage.

After stringing, cut them into lengths of an inch each, stew them in red wine till tender, season with pepper and salt, and thicken with butter and flour. Pour them into the dish, squeeze the juice of an orange over them, and cover them with scraped Parmesan or Cheshire cheese. Brown the whole with a salamander, and serve it up hot.

To fry Celery.

Cut off the tops and green parts of six or eight heads of celery, clear them from the outside stalks, and pare the roots. Next take half a pint of white wine, the yolks of three eggs well beaten, salt, and nutmeg. Form these together with flour into a batter, into which dip each head separately, and fry the whole in butter. When done, pour melted butter over them.

To stew Celery.

Take off the tops and green ends, then boil the heads in water till tender, with a slice of lemon, and some beaten mace. Thicken it with a lump of butter and flour, boil it a little, and beat up the yolks of two eggs, with half a nutmeg grated, and a spoonful of cream. Add this to the gravy but without letting it boil, and serve the stew up hot.

To ragout Celery.

Wash some heads of celery, and cut them into pieces of about two inches in length, put them into a stewpan, with water enough to cover them, tie three or four blades of mace, two or three cloves, and some whole pepper, in a muslin rag, add thereto an onion and some sweet herbs, cover the pan close, and stew gently till the celery is tender, then take out the spice, onion, and herbs, in the room of which put in half an ounce of truffles and morels, two spoonsful of catsup, a gill of red wine, a little butter rolled in flour, and a French roll. Season all these to your taste, stir them, cover up the pan, and stew till the sauce is thick. Shake the pan often, and when done, serve the stew up hot, with a garnish of lemon.

Mushrooms.

There are several varieties of mushrooms, some of which are of a poisonous quality, and therefore great care is necessary in choosing them. The surest way to detect bad ones is, to cut them with a piece of metal, and if, after the leafy substance is extracted, the mushrooms retain their white colour, they may be used with safety. To boil them, clean them with a knife, wash and drain them, then make a case of writing paper, one side of which must be rubbed with butter. Fill this with mushrooms, seasoned with pepper and salt, put them on a baking plate over a slow fire, cover it with the lid of a saucepan, and lay some fire on it. When the mushrooms are nearly dry, serve them up hot.

To stew Mushrooms.

Clean the large button sort with a wet flannel, put them into a pan, with a little water, and let them stew fifteen minutes. Then put in salt, flour, and butter, till the whole is as thick as cream, boil it five minutes, and before taking it up, beat therein the yolk of an egg. Lay sippets of bread round the dish, but not toasted.

Ragout of Mushrooms.

Pick and clean two large handfuls of the best button sort, take out the stalks, peel them nicely, and throw the whole into a stewpan, with a little water and lemon juice, tossing them frequently to prevent their changing colour, after which put in a little salt and butter. Let them simmer slowly on the side of the stove till done enough, which will be known by the extraction of the juice. If the ragout is to be brown, add a slice of ham, with parsley and young onions, and moisten it with some Spanish sauce. Take out the ham and herbs, when the ragout is ready to be reduced, skim it clean, and put in a little fresh butter. Some good gravy may be used instead of the sauce, with the parings of veal, a bunch of sweet herbs, a carrot, and an onion. When done, pass this through a sieve. A white ragout of mushrooms is done in the same way, only white gravy is to be used, thickened with the yolks of eggs, and moistened with milk, cream, and butter. If you have no white gravy, take some of the juice of the mushrooms, dredge in a little flour, run it through a search, and mix it with the rest of the juice, add a ladleful of broth, a slice of ham, a bunch of parsley, and young onions.

Another way.

Peel and cut the inside of some large mushrooms, broil them on a gridiron, and when brown within, put them into a stewpan, with water enough to cover them. After stewing ten minutes, add thereto a spoonful of white wine, as much

browning, and a little vinegar. Thicken the whole with butter rolled in flour, give it a gentle boil, and serve it up with sippets of bread.

To pot Mushrooms.

Take the largest sort, scrape, clean, and put them into a pan, with a lump of butter and a little salt. Stew them over a gentle fire, and when done enough, put to them a little mace and whole pepper, then dry them with a cloth, and press them down as close as possible into a pot, laying over them some more salt and mace. When cold, cover them with butter. On taking them out for use, toss them up with gravy, and thicken it with butter and flour. Small pots are best for keeping them.

To make Mushroom Loaves.

Choose the small button sort, and wash them, put them into a tossing pan, with white bread crumbs, soaked in boiled milk. Stew your mushrooms a few minutes, thicken with butter, flour, and a little cream, then make holes in the tops of five French rolls, scrape out the crumb, and put in your mushrooms, sticking in each a sprig of parsley.

A neat Vegetable Dish.

Rub a dish with the white of an egg, and make four divisions in it with fried slices of bread. Put into each of these the following vegetables:—In one stewed spinach, in the second mashed turnips, in the third mashed potatoes, and in the last blanched onions, with sliced carrots. Stew each in a little gravy, and let some of it remain on them when put into the dish. You may add to the fourth partition, some pieces of cauliflower or heads of brocoli.

The Staffordshire way of dressing Herbs.

Clean and drain a quantity of spinach, two handfuls of parsley, and one of green onions. Chop the two last in pieces, and scatter them among the spinach. Set the whole to stew, with some salt, and a very little butter. Shake the pan when it begins to get warm, and set it, closely covered, over a slow stove till done enough. Serve up the dish with slices of boiled calf's liver, rashers of bacon, and fried eggs, but lay these last on the herbs, separately from the rest.

Lavèr Cake.

This is a maritime plant, which grows among the sand in the crevices of the rocks on the coast of Devonshire and Cornwall. It is baked in pots by the natives, and then sent to all parts of England. The common method of cooking it is, by frying it in butter and flour, but some culinary authors advise, that it should be set in a dish, over a lamp, with a

little butter and the squeeze of a Seville orange. It must be stirred all the time till it is hot. This article, though not pleasant to the eye, is agreeable to the taste, and an excellent antiscorbutic.

To make Sour Crout.

This is commonly made about Michaelmas, when cabbages are in most perfection. Strip off the outside leaves, three or four deep, then cut the cabbages into quarters, and afterwards slice them thin, sprinkle them well with salt, put them into a tub, place over them a layer of juniper berries, then one of cabbage, and so on till the tub is full. Next lay a heavy weight of one hundred pounds at least, with a ring in it, upon the tub, to press the water from the cabbage, and as it rises pour the liquid off without removing the weight. It will be three months before the sour crout is fit for use, and when any is wanted, wash it in several warm waters, pick out the juniper berries, then put the rest into a stewpan, with a pint of stock, the same quantity of rhenish wine, and a piece of pickled pork. Set it on a slow stove, to stew at least five hours, then take out the pork, but let the sour crout remain, and if the liquor boils away, pour in more. When done, put it in a dish with the pork. It may be served with different kinds of meat, as ox-cheek, stewed beef, or mutton.

SALADS.

These are proper for all seasons, but particularly from the beginning of February to July, in which period they are in greatest perfection, and consequently act most effectually in cleansing and attenuating the blood. In flatulencies and scorbutic complaints, they are extremely beneficial. So again from the middle of September to the end of January, fresh salading of every kind is grateful to the stomach, and will have the effect of removing obstructions, relieving shortness of breath, and correcting the humours generated by gross food.

The French are famous for their salads, and compound them of a great variety of herbs, which the English despise as useless. In Italy, salads are eaten with almost all kinds of meat, particularly poultry. The Dutch mince with their salads, cold boiled turbot or lobster, and add thereto grated Parmesan or old Cheshire cheese, and sometimes they mince fine some tarragon, chervil, burnet, young onions, celery, or pickled gherkins. But, after all, the wholesomest way of eating salads is with bread only. All salads should be as fresh as possible, well picked, and washed in cold water, after which, it is proper to drain them on a clean cloth. In dressing them, the best way is to arrange them in the dish,

then to mix the sauce in a bowl, and pour it on the salad, so as to let it run to the bottom, and not stir it before it goes to the table.

Lettuce, endive, and celery, may be eaten with salt only. If mustard in salads occasions nausea, cayenne pepper should be substituted in its room.

Substitute for Oil in Salads.

Melt some good fresh butter thick, and pour it upon the salad, in the same proportion as you would oil; or instead of it you may use sweet thick cream, which is by far the most preferable, and to many persons is more agreeable.

Formularies for making wholesome Salads.

1. Take spinach, parsley, sorrel, lettuces, and a few onions, add thereto oil, vinegar, and salt, in considerable proportions, to make the compound relishing, but the salt should prevail over the other ingredients.

2. Lettuces, spinach tops, pennyroyal, sorrel, a few onions, and some parsley. Season them with oil, vinegar, and salt.

3. Lettuces, sorrel, spinach, mint tops, and onions, seasoned as already directed.

4. Take spinach, lettuce, tarragon, and parsley, with some balm leaves. Or sorrel, tarragon, spinach, lettuce, onions, and parsley. Or tops of pennyroyal, mint, lettuce, spinach, sorrel, and parsley. Or lettuce, spinach, onions, pennyroyal, balm, and sorrel. Or sage, lettuce, spinach, sorrel, onions, and parsley, seasoned as before.

5. Take sage, pennyroyal, mint, balm, lettuces, and sorrel, treated in the same manner.

These two last salads are exceedingly warming and healthful.

6. Take lettuces, sorrel, endive, celery, spinach, and onions, seasoned as above.

7. Take the tender leaves of coleworts or cabbage plants, lettuce, sorrel, parsley, tarragon, nettle-tops, pennyroyal, and mint. Sort them in proportions to taste, and season them in the usual way.

A Salad for the Winter.

Take young tender coleworts, sorrel, lettuce, endive, celery, parsley, some sliced onions, and season them well as before. Or take lettuce, spinach, endive, celery, and half a clove of garlic. These two preparations are very aromatic, and strengthening to weak stomachs.

To make a Salad Mixture.

Boil two eggs, and put them into some cold water for a few minutes, taking care that the yolks are quite cold and hard.

Rub them through a sieve with a spoon, and mix them with a table-spoonful of water, or fine cream. Add thereto two table-spoonsful of oil or melted butter, and when thoroughly incorporated, put in a tea-spoonful of salt, or pounded lump sugar, and as much mustard. As soon as these are completely united, pour in by degrees three table-spoonsful of vinegar, and rub it with the other ingredients till they are all blended, then cut up the white of the egg, and garnish with it the top of the salad. The sauce should remain at the bottom of the bowl. All salads require to be thoroughly chewed, otherwise their salubrious qualities will be lost.

Boiled Salad.

Mix some boiled or baked onions, (those of Portugal are the best,) baked beet-root, cauliflower, or brocoli, boiled celery, and French beans, with the common salad dressing, adding thereto a small quantity of raw endive, lettuce, chervil, or burnet, strewed on the top. This salad is good with cold meat, fish, cucumbers, celery, or radishes. A minced onion is an improvement.

A French Salad.

Chop small three anchovies, a shalot, and some parsley. Put them into a bowl, with two table-spoonsful of vinegar, one of oil, some mustard, and salt. When well mixed, gradually add cold roast or boiled meat, in thin small slices, a few at a time. Shake them in the seasoning, and then put in more, cover the bowl, and prepare the salad three hours before it is eaten. Garnish with parsley, and slices of fat.

Lobster Salad.

Prepare a salad in the usual manner, then chop in the red part of a lobster, which will present an agreeable contrast to the plants.

A Salad of Brocoli.

Boil it like asparagus, lay it in a dish, and beat it up with oil, vinegar, and salt. Garnish with nasturtiums.

TO KEEP VEGETABLES.

Potatoes.

When taken out of the ground, they should be cleaned from the rough earth, but not washed, and then laid in a dry close room. In severe weather cover them with very dry straw at least a foot thick. They should be frequently examined and all those which give signs of decay, be thrown away, otherwise they will spoil the rest.

Carrots, Parsneps, and Beet-roots.

These should have the tops cut off close, the rough earth cleaned away, and then be kept in a dry place. Lay a bed of dry sand upon the floor, about three inches thick, put the roots upon it close together, the top of one next to the bottom of another, and so on. Cover the first layer with sand two inches thick, and then another layer, and go on in the same manner with the rest, placing some dry straw over the whole.

Some turnips and black turnip radishes may be stored for winter in the same way.

Onions.

Nothing more is necessary than to clean them from the earth, and the loose outward skins, then spread them separately upon the floor, and turn them often for two or three weeks, the windows of the room being open all the time if the weather is dry. Afterwards they should be hung up, and the external air excluded.

French Beans

These for keeping should be gathered when young, and thrown into a small cask in layers three inches deep, sprinkled with a moderate quantity of salt, then another layer of beans, and so on alternately. Lay over them a wooden cover with a heavy weight on it. The beans and salt will produce a pickle. When to be eaten, cut, soak, and boil them as if they were fresh.

Green Peas.

Shell and put them into a kettle of boiling water. Let them barely warm, and then pour them into a colander. When the water drains off, turn them out on a cloth, and dry them thoroughly. Then put them into wide-mouthed bottles, leaving just room to pour clarified mutton suet upon them, an inch thick. Cork the bottles tight, rosin them down, and keep them in a cellar or buried in the earth. When to be taken out for use, boil them till tender, with a little butter, sugar, and some mint.

The Russian way of preserving Peas.

Shell, scald, and dry them, then put the peas on tins or earthen dishes in a cool oven once or twice to harden. Hang them up in the kitchen in paper bags, and when to be used, let them lie an hour in water, after which, set them on the fire in cold water, with a little butter and mint.

Cabbages.

Those which are small and firm may be kept many weeks by laying them on a stone floor, before the setting in of frosty weather. They will then blanch, and eat very fine.

Artichoke Bottoms.

They should be slowly dried, put in paper bags, and kept with truffles, morels, and mushrooms, in a dry place.

To dry Sweet and Aromatic Herbs for Winter Use.

Esculent plants of every kind are in the greatest perfection just before their flowering, the first and last crop having neither the flavour nor odour of such as are in the height of the season. Gather them in dry weather, and without any wet upon them. Clean them from the dirt, cut off the roots, divide the large bunches into smaller ones, and dry them gradually by a stove, or in a Dutch oven at some distance from the fire. On this account, artificial is better than the solar heat for drying herbs, because the one can be regulated without extracting the juices, whereas the other will draw them entirely out. In the application of culinary heat, nothing more is requisite than to keep the herbs from burning. When dried, put them into paper bags, and hang them up in a dry room, free from extraordinary warmth, smoke, and dust. To preserve the flavour of the savoury plants, the best way is to pick off the leaves as soon as dried, and pound them, then to pass them through a hair sieve, and keep them in bottles closely stopped.

Basil is best for drying from the middle of August to the first week in September; knotted marjoram, during the whole of July; winter and summer savory, from the latter end of July to the end of August; the different species of thyme, during the months of June and July; mint, from the latter end of June to the end of July; sage, through August and September; tarragon, in the entire months of June, July, and August; chervil, in May, June, and July; burnet, in June, July, and August; parsley, fennel, elder, and orange flowers, during the months of May, June, and July.

Before we close this article on vegetable food, it may be proper to observe, that in the spring, when almost all kinds of plants are most grateful and wholesome, there are many very common articles, which, properly employed, would prove both salutary and pleasant; such as the corn salad, the young shoots of cabbages or coleworts, parsley, mint tops, pennyroyal, borage, succory, nettle tops, comfrey, the wild hop, &c. &c. Care, however, is necessary in gathering these wild plants, to avoid those which are injurious.

To preserve herbs for soup in winter, stew them in a kettle, with butter and salt, and when all the liquor is exhausted, pack them cold, in pots for use. Sorrel, beet leaves, and chervil are excellent in this way.

SAVOURY PIES AND PATTIES.

In baking, regard must be had to the proportion of heat. Light paste should be put into a moderate oven, for if it is too hot, the crust will burn instead of rising, and if too slack, the pie will be soddened, and look disagreeable. Raised pies require a very quick oven, and should be well closed, otherwise, by the falling in of the sides, they will be out of shape. Care is also to be observed in the seasoning of meat pies, for which, however, no precise rules can be laid down, where every thing depends upon taste. Pies that are to be eaten cold should be made without suet.

To make Paste for savoury Pies.

To one pound and a half of flour, add half a pound of good butter, wet it with water, work the whole well, and roll it up twice. For large pies, put three eggs to a peck of flour, half a pound of beef-suet, and a pound and a half of butter, with as much water as will make a good light crust.

Another method.

Divide into small pieces a pound and a half of salt butter, that has been washed well in cold water, add thereto two pounds of fine flour sifted, rub them gently together, beat the yolks of three eggs with a spoon, and put them with about a pint of spring water to the flour and butter, roll the paste out, and double it in folds three times.

A family Pie Crust.

Take one pound of butter, and one and a half of flour, rub the fourth part of the former into the flour, then make a hole in the middle of the latter, and pour in as much clean water as will make a light paste, roll it into a sheet, and lay the rest of the butter thereon in pieces, till the whole is covered, fold the paste, and fasten the butter well in at the ends, roll it up thin, then fold it carefully, and roll it the second time. Do this again, flatten it with the rolling pin, and it will be ready for use.

To make raised Pies.

Take two pounds and a half of flour, then put three-quarters of a pint of water, and half a pound of lard, into a saucepan; when the water boils, make a hole in the middle of the flour, pour it in by degrees, mixing it gently with a spoon. After this, knead it till it is stiff, dredge in a little flour to prevent its sticking to the board, and roll it with your hands to the thickness of a quart pot. Cut the paste into six pieces, leaving some for the covers. Put one hand in the middle, and

keep the other on the outside, till you have made the pie either oval or round, and ready for the reception of the meat.

Beef-steak Pie.

Beat some rump steaks with a rolling pin, and season them with pepper and salt. Put a good crust round the side, lay in the steaks, with as much water as will half fill the dish. Put on the cover, and let it be thoroughly baked.

Another way.

Take three pounds of tender steaks, and cut them into small pieces. Chop six shalots, and mix them with half an ounce of pepper and salt, strew some over the bottom of the dish, then put in a layer of steaks, then another of the seasoning, and so on till the dish is full. Add half a gill of mushroom catsup, and the same quantity of gravy, or red port, cover it with paste, and bake it two hours. Large oysters that have been par-boiled and bearded, will form an agreeable addition, and their liquor may be used instead of the catsup and wine

Raised Beef-steak Pie.

Cut the skin from the fat of rump steaks, beat them, put them over the fire, with a little butter, pepper, lemon juice, and shalots chopped fine; when half done, lay them in a dish till cold. Blanch and strain some oysters, and preserve the liquor, put a layer of steaks at the bottom of the pie, another of oysters over that, and so on alternately. When done, put in some gravy, with the oyster liquor and catsup.

Veal Pie.

Cut a breast or neck of veal into pieces, season them with pepper and salt, and lay them in the dish, either with or without some slices of bacon, according to taste. Boil hard six or eight eggs, and put them into the pie, pour in also as much water as will nearly fill the dish. Forcemeat, truffles, morels, mushrooms, and sweetbreads, will very much enrich the pie. After baking, pour in some good gravy.

Another way.

Season the meat with pepper, salt, nutmeg, and a little clove in powder. Chop two sweetbreads, and season them with the same. Lay a puff paste on the edge of the dish, then put in the meat, with some hard eggs, the sweetbreads, and oysters. Lay over the whole a few thin slices of ham, and fill up the dish with water. When the pie is done, pour in through the hole at the top a little good gravy, and some cream, that has been boiled with flour.

Veal and Ham Pie.

Take two pounds of cutlets, divide them into small pieces, and season with pepper and salt. Then take a pound of raw or dressed ham, cut it into slices, lay both alternately in the dish, and put some forcemeat or sausage meat over all, with stewed mushrooms, the yolks of three hard eggs, and a glass of water. The best end of a neck cut into chops is the most approved part for a pie.

Raised Ham Pie.

Lay a small ham to soak four or five hours, then wash, and scrape it well, cut off the knuckle, and boil it half an hour. Take it up, and trim it neatly, clear the rind, and put it into a stewpan, with a pint of Madeira or sherry, and a sufficient quantity of veal stock to cover it. Stew for two hours, or until it is three parts done, then take it out, and set it to cool. Raise a crust large enough to receive the ham, round which put some forcemeat, and bake it in a slow oven. When done, take off the cover, glaze the top, and pour in a sauce made as follows:—Take the liquor the ham was stewed in, skim it clean, thicken it with flour and butter, a little browning, and some cayenne pepper.

Raised French Pie.

Make two pounds of flour into a paste, knead it well into the form of a ball, press your thumb into the centre, and work it gradually into a circular or oval hollow, about five inches high. Place it on a sheet of paper, and fill it with coarse flour or bran, roll out a covering of about the same thickness as the sides, cement these last with the yolk of an egg, pare the edges even, and pinch it round, egg it over with a brush, and ornament it to fancy. Bake it till brown in a slow oven, and when done, cut out the top, remove the flour or bran, brush it clean, and fill with the fricassee of chicken, rabbit, or any thing else convenient. Serve it on a napkin.

Veal and Parsley Pie.

Take some slices from the knuckle part of the leg, or the best end of a neck of veal. Season them with salt, scald some parsley picked from the stems, squeeze it dry, cut, and lay it at the bottom of the dish, and then the meat in alternate layers. Fill up the dish with milk, but when baked, pour out some of this, and substitute half a pint of scalded cream. Chickens may be done in the same manner.

Veal Olive Pie.

Take some slices of a fillet of veal, rub them over with the yolks of eggs, and strew on them some bread crumbs, with

a little lemon peel shredded very fine, some grated nutmeg, pepper, and salt. Roll them up tight, and lay them in a dish, pour over them half a pint of gravy, and add thereto half a pound of butter. Make a light paste, lay it round, and put on the cover.

Calf's Head Pie.

Stew a knuckle of veal, with two onions, a few shavings of isinglass, some sweet herbs, a blade of mace, and a few pepper-corns, in three pints of water. Reserve the broth for the pie, take off a little of the meat for the balls, and the rest may be eaten, but the bones should be let simmer in the broth. Parboil the head, and cut it into square pieces, put a layer of ham at the bottom of the dish, then some head, first the fat, and next the lean, with balls, and hard eggs cut in two. Do this alternately till the dish is full, but place the pieces so as to admit the jelly. The meat must first be seasoned with pepper, salt, and a little grated nutmeg. Put some water and gravy into the dish, cover it with a thick crust, bake it in a slow oven, and when done, pour in as much more gravy as it will hold. The pie should not be cut till cold, and in doing it, insert your knife so that it may reach the bottom of the dish. Thereby you will cut thin slices, which from the different colours, and clear jelly, will exhibit a curious appearance. Instead of isinglass, calf's foot or cowheel jelly may be used; the pie will also receive an agreeable variety by the addition of calves' tongues.

A smaller pie of this kind may be made to eat hot.

Calf's Feet Pie.

Boil the feet in three quarts of water, with three or four blades of mace, and stew them gently till the liquor is reduced to about half the quantity. Then take out the feet, strain the broth, and make your crust. Take the flesh from the bones, and put half of it into the dish, with half a pound of currants, and half a pound of stoned raisins. Lay on the rest of the meat, skim the liquor, sweeten it to your taste, and put in half a pint of white wine. Cover the dish, and bake it an hour and a half.

Sweetbread Pie.

Lay a puff-paste, half an inch thick, at the bottom of a dish, and forcemeat round the sides. Cut the sweetbreads in pieces, according to the size of the pie, place them in first, then some artichoke bottoms cut into four pieces each, next some cocks combs, truffles, and morels, tops of asparagus, and fresh mushrooms, yolks of hard eggs, and forcemeat balls. Season the whole with pepper and salt. Put in plenty of water, cover the pie, and bake it two hours. On taking it out, pour in some rich veal gravy, thickened with cream and flour.

Ox Cheek Pie.

Bake the cheek with seasoning, but do not let it be overdone. It may stand in the oven all night, and will be ready next day. Make a good puff-paste, and with it line a deep dish. Take the flesh, kernels, and fat off the head, with the palate, and cut the whole in pieces, lay them in the dish, and throw over them one ounce of truffles and morels, the yolks of six hard eggs, a glass of mushroom pickle, and several force-meat balls. Season with pepper and salt, and fill up the pie with the gravy in which the cheek was baked. Cover it with a crust, and send it to the oven. Artichoke bottoms or the tops of asparagus are sometimes put in with the truffles, but the pie will be rich enough without them

Venison Pasty.

Bone, and season with pepper and salt, a neck, shoulder, or breast of venison. Put the meat into a deep pot, with the best part of a neck of mutton, sliced and laid on it, pour in a glass or two of red wine, lay a coarse paste over the whole, and bake it two hours. On taking it out, lay the venison in a dish, pour the gravy over it, and add one pound of butter thereto. Next surround the edge of the dish with a good puff-paste, roll out the cover somewhat thicker than the rest, and lay it on. After this, roll another cover thin, cut it into form, and place it over the former. The venison will keep in the pot it was baked in eight or ten days, by letting the crust remain.

Another way.

Take a neck, snoulder, or breast of venison, bone, and trim off the skin, then cut it into small pieces, put them into a stew-pan, with three glasses of red wine, two onions, or shalots sliced, some pepper, salt, three blades of mace, about twelve berries of allspice, and a sufficient quantity of veal broth to cover the whole. Put it over a slow fire, and let it stew till three parts done. Throw the trimmings into another pan, cover them with water, and set the pan on the fire. Take out the venison that is intended for the pasty, and put it into a deep dish, with a little of the liquor, and set it to cool. Add the remainder of the liquor to the bones and trimmings, and boil till the pasty is ready, which must be covered with a good paste. Bake it two hours in a slow oven, and before sending it to table, pour therein a sauce made of the gravy the venison was stewed in, strained and skimmed, some pepper, salt, half a glass of port, the juice of half a lemon, and some flour and butter.

A Dartmouth Pie.

Chop or mince two pounds of the lean part of a leg of

mutton, and half as much of beef-suet. Keep them constantly stirred from the board, to prevent the minute particles from sticking. Add a pound of currants, sift over them three ounces of powdered lump sugar, grate some nutmeg, and season with a little salt. Work this mixture into a paste, composed of two parts of purified beef-suet, and one of fresh butter, both melted, and mixed in the water which is to be used in making the crust. Boil all together, and then pour it into the cavity formed in the centre of the flour, knead it up, and roll it out for a lining and covering to the dish.

A Devonshire Squab Pie.

Cover the dish with a good crust, then place at the bottom a layer of sliced apples, and upon them a layer of mutton cut from the loin, and seasoned with pepper and salt, then put another layer of apples, then one of mutton, and lastly a mixture of sliced onions and apples. Pour in a pint of water, cover the pie, and send it to the oven.

A Pasty of Beef or Mutton.

Bone a small rump, or part of a sirloin of beef, or a fat loin of mutton, after hanging several days. Beat the meat well, then rub it with sugar, in the proportion of four ounces to ten pounds, and pour over it one glass of port, and one of vinegar. Let it lie five days and nights, wash, and wipe it dry, and give it a high seasoning with Jamaica pepper, black pepper, nutmeg, and salt. Lay it in a dish, and spread over ten pounds of meat, about one of butter. Put a crust round the edge of the dish, and cover it with a thicker one. Bake it in a slow oven. Set the bones in a separate pan in the oven, with just water enough to cover them, and one glass of port, a little pepper and salt, to make gravy. This pasty is a good imitation of venison.

Mutton Pie.

Cut a neck or loin of mutton, after hanging some time, into steaks, beat them, and clear off some of the fat. Season with salt, pepper, and onion. Put a little water into the dish, and some paste round the edge, and cover it moderately thick. To make a raised mutton pie, break each bone in two, season, and cover it over, pinching in the edge. When taken out, pour into the pie a spoonful of mutton gravy.

Lamb Pie.

This should be made of the neck, breast, or loin. The breast of house lamb is remarkably delicious. Season with pepper and salt, take out the bones, but not the gristles, add a small quantity of hot jelly gravy, but the pie itself is best cold. Put in two spoonfuls of water before you send it to

the oven. Grass lamb ought not to be boned. Some of the gravy ought to be poured off after baking, and when diluted, returned through the hole in the centre with a funnel.

To make raised Lamb Pies.

Cut the meat into slices, trim them neatly, and lay them in the bottom of a stew or frying pan, with one ounce of butter, a tea-spoonful of lemon juice, and some pepper and salt, put them over a fire, turn them, and then set the pan by to cool. Raise four or five small pies with paste, about the size of a large tea-cup, put some veal forcemeat at the bottom, and the lamb upon it, roll out the top an eighth of an inch thick, close the edges, bake them half an hour, and when done, pour in some good brown sauce after taking off the top.

Raised Pork Pies.

Raise some common crust into a round or oval form, then take the trimmings, and small scraps of pork, which are cut off when a hog is killed, but if not enough, clear the meat from a sweet bone. Beat it well, season with pepper and salt, and part the lean from the fat. Put in the pork in layers, and when completely full, cover the whole, cut the edge of the paste round, and pinch it. Bake the pie in a slow oven, or you may put the pork into a dish with a plain crust. There should be neither bone nor water in pies of this description

Cheshire Pork Pies.

Skin a loin of pork, cut it into steaks, and season it with salt, nutmeg, and pepper, then make a good crust, put in a layer of pork, then one of apples pared and cored, sugar enough to sweeten it, then another layer of pork, next half a pint of white wine, and cover all with some butter, before you close your pie. If a large one, it will take a pint of wine.

Another way.

Make some small raised crusts, cut your pork into pieces, season it with pepper and salt, boil and mash some potatoes very fine, with butter, pepper, and salt, lay the same half an inch thick at the bottom of the crust, fill up the pies with pork, and cover them, rub the tops and sides with yolks of eggs, and bake them in a quick oven.

A Shropshire Pie.

Make a good puff-paste, cut two rabbits in pieces, with two pounds of fat pork chopped small, season both with pepper and salt, cover your dish with the crust, and lay in the rabbits, with the pork intermixed; parboil the livers of the rabbits, and beat them in a mortar, with as much fat bacon, and a few sweet herbs, seasoned with pepper, salt, and nut-

meg. Mix it with the yolk of an egg, make it into balls, and throw them into the pie, grate some nutmeg over the meat, and put in a pint and a half of water. Bake the pie an hour and a half in a quick oven.

Chicken Pie.

Cut up two young fowls, season them with white pepper, salt, mace, nutmeg, and cayenne. Put in the chickens, slices of ham or bacon, forcemeat balls, and hard eggs alternately in layers. Pour in a little water, and when taken from the oven, have ready for it a gravy made of a knuckle of veal, or the scrag end of a neck of mutton, seasoned with herbs, onion, mace, and pepper. If it is to be eaten hot, truffles, morels, and mushrooms may be added, otherwise not. A raised pie must have the gravy cold, as a jelly, to make which clear, give it a boil, with the whites of two eggs, after taking out the meat, and run it through a lawn sieve.

A plain Goose Pie.

Quarter, and season the goose with pepper and salt, after which, lay it in a raised crust. Cut half a pound of butter into lumps, and put them in different places on the top. Cover the pie, and bake it in a moderate oven.

Another method.

Take a goose and fowl, and season them, put forcemeat into the fowl, and then put the latter into the goose. Lay them in a raised crust, and fill up the vacancies with forcemeat. Put half a pound of butter, cut into pieces, on the top, cover it, and send it to the oven to be well baked. This makes an excellent side dish, and may be eaten either hot or cold.

Green Goose Pie.

Take two young geese, clear them completely of every stump of feather, after which, singe and bone them, then season with salt, pepper, mace, and allspice. Put one inside the other, and press them close, drawing the legs inwards. Lay a good deal of butter over them, and bake them either with or without the crust; if the latter, place a cover over the dish, to keep in the steam.

Giblet Pie.

Clean and half stew two or three sets of goose giblets. Cut the leg in two, the wing and neck into three, and the gizzard into four pieces. Preserve the liquor, and set the giblets by till cold, season the whole with black pepper and salt, then put them into a deep dish, cover it with paste, rub it over with the yolk of an egg, ornament, and bake it an hour and a half in a moderate oven. While doing, take the liquor

the giblets were stewed in, skim it clean, put it over a fire in a pan, thicken it with flour and butter, or flour and water, season it with pepper and salt, and the juice of half a lemon, add a little browning, strain it through a sieve, and when the pie is baked, pour some of this into it through a funnel. You may lay a rump steak at the bottom of the dish.

Duck Pie.

Pick, draw, and scald two ducks, then cut off the feet, pinions, necks, and heads, take out the gizzards, livers, and hearts, clean, and scald them also. Clear out the fat of the inside, lay a crust over the dish, season the ducks thoroughly with pepper and salt, and place them properly with the giblets, and as much water as will nearly fill the pie. Cover it with the crust, and send it to be well baked.

Pigeon Pie.

Let your birds be nicely picked and cleaned, season them well on the inside with pepper and salt, and lay them properly in the dish, with the necks, gizzards, livers, pinions, and hearts, the yolk of a hard egg, and a beef-steak in the middle. Put in as much water as will nearly fill the dish. Lay on the top crust, and bake it well.

Another way.

Truss six pigeons as for stewing, season, and fill them with veal stuffing, or some parsley chopped fine, and a little pepper, salt, and three ounces of butter well mixed. Lay at the bottom of the dish a large rump steak cut into pieces, seasoned, and beat out with a chopper. Place the pigeons on it, with the yolks of three hard eggs, and a glass of broth or water, wet the edge of the dish, and cover it with puff-paste, brush over it the yolk of egg, and ornament it with leaves of paste, and the feet of the birds. Bake it an hour and a half in a moderately heated oven. Before the pie is sent to table, pour in some hot gravy through the aperture at the top. Larks may be substituted for the pigeons.

Partridge Pie.

Take four partridges, and truss them as for boiling. Pound in a marble mortar, some shalots, parsley, the livers, the partridges, and double the quantity of bacon. Season this mixture with pepper, salt, and mace, and add thereto some fresh mushrooms. Raise the crust for the pie, and cover the bottom with seasoning, then lay the partridges thereon, but without stuffing, put the rest of the seasoning about the sides and between the birds. Lay over these some of the pounded mixture, with slices of bacon. Put on the crust, and bake it

two hours. When done, remove the cover, take out the bacon and fat, add a pint of veal gravy, with the juice of an orange, and send it to table hot.

Hare Pie.

Cut a hare into pieces, and season it with pepper, salt, nutmeg, and mace, and put the whole into a jug, with half a pound of butter. Close it up, and set it in a copper of boiling water, then make a rich forcemeat, with a quarter of a pound of scraped bacon, two onions, a glass of port, crumbs of bread, winter savory, the liver cut small, and a little nutmeg. Season it well, and mix therewith the yolks of three eggs, raise the pie, and lay the forcemeat at the bottom of the dish. Put in the hare, with the gravy that came from it, lay on the cover, and let the pie bake an hour and a half.

Rabbit Pie.

Bruise in a mortar four ounces of bacon, with the livers, pepper, salt, a little mace, parsley chopped small, chives, and a few leaves of sweet basil. Make the whole into a paste, and cover the bottom therewith. Lay in two rabbits, cut in quarters, and over them some slices of bacon, put on the lid, and send the pie to the oven. It will take two hours. When done, take out the bacon and the fat, and if it wants gravy, pour in some, boiling hot.

Hottenlot Pie.

Bone two calves' feet, and chitterlings boiled and chopped small, next take two chickens, cut them up as for eating, put them into a stewpan, with two sweetbreads, a quart of veal gravy, half an ounce of morels, cayenne pepper, and salt, stew the whole over a gentle fire for an hour, then add six or eight forcemeat balls, that have been boiled, and the yolks of four hard eggs, lay them in a good raised crust, previously baked for the purpose. Strew over the top some green peas or asparagus tops, and send it to table without a cover.

Vegetable Pie.

Scald and blanch some broad beans, cut in pieces some young carrots, turnips, artichoke bottoms, mushrooms, peas, lettuce, parsley, celery, or any vegetables you chuse. Stew the whole with some good veal gravy. Bake a crust over a dish, with some lining round the edge. On taking it out of the oven, open the cover, and pour in the stew.

A Devonshire Herb Pie.

Pick two handfuls of parsley from the stems, half as much spinach, two lettuces, some mustard and cresses, a few leaves of borage, and white beet leaves. Wash and boil these a

little, drain, and press out the water, cut them small, and lay them in a dish, sprinkled with some salt. Make a batter with flour, two eggs well beaten, a pint of cream, and half as much of milk. Pour this on the herbs, cover the whole with a crust, and bake it well.

Parsley Pie.

Lay a fowl, or the bones of a scrag of veal, seasoned, in a dish. Scald a quantity of picked parsley in milk, season it, and add it to the fowl or meat, with a tea-cupful of broth or gravy. When baked, put in a quarter of a pint of cream, a small piece of butter, and a little flour. Shake the whole round, and mix it with the gravy. Lettuces, white mustard leaves, or spinach may be added to the parsley, but they should be previously scalded.

Turnip Pie.

Season mutton chops with salt and pepper, but keep the neck bones to lay over the turnips, which must be cut into small squares. Then lay on the chops, and put in two or three spoonsful of milk, with sliced onion, if approved. Cover all with a crust.

Potato Pie.

Pare and slice some potatoes, season them, and likewise pieces of mutton, beef, pork, or veal. Put layers of each in the dish, cover, and bake it well.

Artichoke Pie.

Boil twelve artichokes, break off the leaves and the bottoms, make a good crust, and spread a quarter of a pound of butter over the bottom of the dish. Then place in a row of artichokes, strew pepper, salt, and beaten mace over them, then another row, and so on alternately. Boil half an ounce of truffles and morels in a quarter of a pint of water. Pour the water into the pie, cut the truffles and morels small, and scatter them over the pie. Add a gill of white wine, then cover, and bake your pie.

Eel Pie.

Take eels of about half a pound each, skin, strain, wash and trim them well, cut them into pieces of three inches in length, season with pepper and salt, and fill the dish, omitting the heads and tails. Pour in a glass of water or veal broth, cover it with paste, rub the same with a brush dipped in the yolk of an egg, ornament the pie with some of the paste, bake it an hour, and when done, pour in a sauce made as follows:—The trimmings boiled in half a pint of veal gravy, seasoned with pepper and salt, a table-spoonful of lemon juice, and thickened with flour and water, strain it through a fine sieve, and let it be boiling-hot when put into the pie.

Turbot Pie.

Parboil the fish, and season it with pepper, salt, cloves, nutmeg, and sweet herbs cut fine. Lay the turbot in the dish, with yolks of eggs, and an onion, cover the top with fresh butter; and when baked, take out the onion.

Carp Pie.

Having scaled and gutted the carp, put it in vinegar, water, and salt. When well washed and dried, make a forcemeat as follows:—Take the flesh of eels cut small, some grated bread, two buttered eggs, an anchovy cut small, a little grated nutmeg, pepper, and salt, mix the whole together, and put some into the carp, leaving the rest for balls. Then lay the fish, without the tail and fins, in the dish, add a little beaten mace, some butter, and half a pint of claret, cover the pie, and bake it in a moderate oven.

Another way.

Scale, gut, and wash a large carp, then take an eel, and boil it till nearly tender, pick off the meat, and mince it fine, with the same quantity of crumbs of bread, some sweet herbs, lemon peel cut small, pepper, salt, grated nutmeg, an anchovy, half a pint of oysters parboiled and chopped fine, and the yolks of three hard eggs cut small. Roll this mixture with a quarter of a pound of butter, and fill the belly of the carp. Cover the dish with a crust, and lay the fish therein. Save the liquor in which the eel was boiled, put the bones into it, and boil the whole with mace, whole pepper, an onion, sweet herbs, and an anchovy, till reduced to about half a pint. Strain it, and add about a quarter of a pint of white wine, and a piece of butter mixed with flour. Boil this, and pour it into the pie. Put on the cover, and bake it an hour in a quick oven.

Cod Pie.

Take the middle piece of a small cod, salt it well, and let it lie for a night. The next day, wash, and season it with pepper, salt, and a little nutmeg, lay the cod in a dish, with some butter, and a little good broth. Cover it with crust, and when baked, add for sauce, a spoonful of broth, a quarter of a pint of cream, a little flour and butter, a grating of lemon and nutmeg. Give this a boil, and it is ready. Oysters may also be used, or instead of them picked parsley.

Salmon Pie.

Take a piece of fresh salmon, clean it well, and season it with salt, mace, and nutmeg. Put a piece of butter at the bottom of the dish, and then lay the salmon therein. Take

a boiled lobster, pick out the flesh, chop it small, bruise the body, and mix it well in melted butter. Pour the whole over the salmon, cover it up, and let it be well baked.

Trout Pie.

Lard a brace of trout with eels, raise the crust, and put a layer of fresh butter at the bottom. Make a forcemeat of trout, mushrooms, truffles, morels, chives, and butter. Season with salt, pepper, and other spicery, mixed with the yolks of two eggs; stuff the trout, lay them in the dish, cover them with butter, put on the top crust, and send it to the oven. When done, pour therein some fish gravy.

Tench Pie.

Put some butter at the bottom of the dish, grate thereto some nutmeg, with the addition of pepper, salt, and mace. Lay in the tench, cover them with butter, and pour in some red wine and a little water. Cover the pie, and when baked, pour in some melted butter and rich gravy.

Flounder Pie.

Gut and wash your fish, after which, dry them well in a cloth. Boil them a little, and then separate the flesh from the bones, lay a good crust over the dish, put some fresh butter at the bottom, and place the flounders upon it. Season with pepper and salt, then boil the bones in the water the fish was done in, with a stick of horse-radish, a little parsley, a bit of lemon peel, and a crust of bread. Boil this till there is just enough liquor for the pie, then strain, and pour it over the fish. Put on the cover, and bake it in a moderately heated oven.

Sole Pie.

Split a pair of soles from the bone, and cut the fins close, season with salt, pepper, nutmeg, and pounded mace, and place the whole in layers, with half a hundred of oysters. Put the liquor of the oysters in the dish, with two or three spoonsful of broth, and some butter. When the pie is baked, add thereto a cupful of thick cream.

A fine Fish Pie.

Boil two pounds of small eels, cut the fins off close, pick off the flesh, and put the bones, with mace, pepper, salt, and a sliced onion, into the liquor. Boil the whole till rich, and then strain it. Make forcemeat of the flesh, an anchovy, parsley, lemon peel, salt, pepper, crumbs, and four ounces of butter warmed. Lay all this at the bottom of the dish. Take the flesh of some soles, small cod, or dressed turbot, and lay it on the forcemeat, after rubbing in salt and pepper. Pour the gravy over the pie, and bake it. The skin and fins of cod or soles must be taken off.

Lobster Pie.

Boil two large or three small lobsters, remove the tails, cut them in two, take out the gut, divide each into four pieces, and lay them in a small dish, then put in the meat of the claws, and that which has been picked from the body. Clear the latter of the furry parts, and take out the substance, beat the spawn in a mortar, do the same by the shells, set them on to stew, with some water, two or three spoonsful of vinegar, pepper, salt, and pounded mace, and add a piece of butter rolled in flour: when the goodness of the shells is extracted, give the whole a good boiling, and strain it into the dish, strew some crumbs over it, and cover it with a paste. Bake it slowly, but take it out as soon as the crust is done.

Oyster Pie.

In opening the oysters, take care of the liquor. Strain, beard, and parboil the fish, do the same with sweetbreads, which last must be cut in slices, and disposed with the oysters in layers, seasoned lightly with salt, pepper, and mace. Put half a tea-cupful of the liquor, and as much gravy, into the dish. Cover the oysters with crust, and bake the pie in a slow oven. On taking it out, add a tea-cupful of cream, some more oyster liquor, and a cupful of white gravy, warm, but not boiling.

Shrimp Pie.

Pick a quart of shrimps, and if very salt, only season them with mace, and one or two cloves. Mince two or three anchovies, mix them with the spicery, and season the shrimps. Put some butter at the bottom of the dish, and pour over the shrimps a glass of sharp white wine. Cover the whole with puff-paste, and bake the pie in a moderate oven.

Herring Pie.

Scale, gut, and wash your herrings, then cut off their heads, fins, and tails. Cover the dish with a good crust, and season the fish with pounded mace, pepper, and salt. Put some butter at the bottom of the dish, and lay on the herrings, after which, place over them some apples and onions sliced thin. Cover the whole with butter, pour in a little water, and let the pie be well baked.

Mackarel may be made into a pie in the same manner, omitting the apples and onions.

Pilchard and Leek Pie.

Clean and skin the white part of some large leeks, scald the same in milk and water, and dispose them in layers in the dish. Between these, place two or three salted pilch-

ards, which have been previously soaked in water for some hours. Cover the whole with a plain crust. On taking the pie out of the oven, lift up the lid, pour off the liquor, and substitute in its stead half a pint of scalded cream. This pie is peculiar to Cornwall, and there are few persons, we apprehend, out of that county, who could digest such a strong dish. It may be adduced as an illustration of the proverb, that, "the Devil is afraid to go into Cornwall, lest he should be seized and made into a pie."

Vermicelli Pie.

Season four pigeons with pepper and salt, stuff them with crumbs of bread, parsley cut small, and mixed together with butter. Then butter a deep dish, and cover the bottom with vermicelli. Make a puff-paste, lay it on the dish, then place the pigeons with the breasts downwards, put a thick covering of paste over all, and bake the pie in an oven moderately heated. When done, turn the pie into another dish, the vermicelli will then be on the top, and make a pretty appearance.

To make Puff-Paste for Patties.

Take one pound and a quarter of finely sifted flour, and rub gently to it, with the hand, half a pound of fresh butter, mix the same with half a pint of spring water, knead it well, and set it by for a quarter of an hour, then roll it out thin, and lay on it, in small pieces, three-quarters of a pound of butter additional, throw thereon a little flour, double it in folds, and roll it thin three times, after which, set it by for an hour in a cool place.

Fried Patties.

Mince a little cold veal, and six oysters, then mix a few crumbs of bread, salt, pepper, nutmeg, and lemon peel, add thereto the liquor of the oysters, warm the whole, but do not let it boil. As it cools, get ready a good puff-paste, roll it thin, and cut it into square pieces, put some of the ingredients between two of them, twist up the edges, and fry them brown. This is a fashionable dish when baked.

Beef Patties.

Shred some dressed but under-done beef, with a little fat, season with pepper, salt, and shalot or onion. Roll your paste thin, and cut it into shape, fill it with the minced meat, as before directed, and fry them. The paste should be made with butter, egg, and milk, and the patties washed with egg before baking.

Veal and Ham Patties.

Chop small about six ounces of the lean of veal ready dressed, and half the quantity of ham, put them into a stew-

pan, with an ounce of butter rolled in flour, half a gill of cream, and the same quantity of veal stock, a little grated nutmeg, and lemon peel, some cayenne pepper, and salt, a spoonful of the essence of ham, and lemon juice. Stir the whole over the fire some time, and then make patties as before directed. The white meat of the breasts of chickens or fowls may be substituted for the veal.

Turkey Patties.

Mince some of the white meat, and add thereto grated lemon peel, nutmeg, salt, white pepper, cream, and a little butter. Proceed as before.

Sweet Patties.

Chop the meat of a boiled calf's foot, and use the liquor for jelly, take two apples, one ounce of orange and lemon peel candied, also some fresh peel and juice. Mix these with half a nutmeg grated, the yolk of an egg, a spoonful of brandy, and four ounces of clean currants. Bake them in small pattepans.

Patties resembling Mince Pies.

Chop the kidney and fat of cold veal, add thereto an apple, orange, lemon peel candied, and fresh currants, a little wine, two or three cloves, some brandy, and sugar. Make the patties, and bake them.

Oyster Patties.

Roll out some puff-paste a quarter of an inch thick, cut it into squares, sheet eight or ten pattepans, and put upon each a small bit of bread. Roll out another layer of paste of the same thickness, cut it as before, wet the edge of the bottom paste, and lay on the top, pare the edges round, and notch them with the back of the knife, rub them with the yolk of egg, and bake them in a hot oven about a quarter of an hour. When done, take a thin slice off the top, and with a knife or spoon take out the bread and inside paste, leaving the outside entire, parboil two dozen large oysters, strain them from their liquor, wash, beard, and cut them into four pieces, put them into a stewpan, with an ounce of butter rolled in flour, half a gill of cream, some grated lemon peel, and the oyster liquor that has been reduced by boiling to one half, some cayenne, salt, and a tea-spoonful of lemon juice. Stir the whole over the fire five minutes, and fill the pattepans.

Lobster Patties.

Take a hen lobster that has been boiled, pick out the meat from the tail and claws, chop it fine, and put it into a stewpan, with a little of the inside spawn pounded in a mortar till perfectly smooth. Add thereto an ounce of fresh butter, half a gill of cream, and the same of veal jelly, cayenne pep-

per, and salt, a tea-spoonful of the essence of anchovy, as much flour, and water. Stew these five minutes, and make your patties agreeable to the former directions.

PUDDINGS.

In the composition of these appendages to an entertainment, the utmost attention is necessary to be paid to the quality of the ingredients, otherwise, though the same general directions may be followed in the making of two puddings, the one shall be delicious, and the other not eatable, owing to the defect of a single article. The flour should be fine, and perfectly free from mustiness. Fresh butter is best, and if salt is used, it must be previously washed clear of the salt. Beef-suet is preferable to that of mutton, and next to those two, that of veal may be adopted. Beef-marrow is an excellent substitute for either. Currants should be plumped by pouring boiling water upon them, washing them well, and laying them on a sieve before the fire. Pick both them and all other fruit clean from stones, stalks, and extraneous substances.

As eggs differ considerably in size, it may be proper to remark, that two of a pullet are equivalent to one of a large fowl. Ducks' eggs should never be used. In breaking eggs, do it one by one in a separate basin, for thereby you will avoid introducing an improper one. Snow and beer have been recommended as substitutes for eggs, but without any evidence of their utility. A good family pudding, however, may be made with yeast and a little milk.

Batter pudding should be quite smooth and free from lumps, therefore mix the flour with a little milk, add the rest gradually, and then put in the other articles. If it is a plain pudding, pass the batter through a hair sieve. The pudding must be tied up tight, but if boiled in a mould, let it first be buttered; and if baked, do the same with the dish.

Take care that the water boils before you put in the pudding. Place the pan on a trivet over the fire, and keep it boiling steadily, for by setting it immediately on the fire, the pudding is apt to burn.

The cloth should be perfectly clean, and washed without soap, unless very greasy, in which case it ought to be thoroughly rinsed. Before it is used, dip it in boiling water, squeeze it dry, and sprinkle it with flour. Should the fire be quick, stir the puddings occasionally to keep them from sticking to the bottom of the pan, and let it have plenty of water. On taking out the pudding, before untying it, dip it in a basin of cold water, to prevent its sticking, but if it is boiled

in a mould well buttered, it will turn out easily. Custard or bread puddings should be boiled in cups, and let stand five minutes before they are turned out.

To make Paste for boiled Puddings.

Pick and chop fine, half a pound of beef-suet, and add thereto one pound and a quarter of flour, with a little salt. Mix these with half a pint of milk or water, knead, and beat it well with the rolling pin, that the suet and flour may be thoroughly incorporated.

Batter Pudding.

Rub three spoonsful of flour smooth into a pint of milk, simmer till it thickens; when cool, stir in two ounces of butter, and the yolks of three eggs, put it into a cloth, and then bottom-upwards into boiling water, let it boil an hour and a half, and serve it up with plain butter, or with the addition of ginger, nutmeg, and lemon peel.

Another way.

Take a quart of milk, beat up the yolks of six eggs, the whites of three. Mix them with a quarter of a pint of the milk, then add six spoonsful of flour, a tea-spoonful of salt, and one of ginger. Put to these the rest of the milk, and having incorporated the whole well together, put it into the cloth, and boil it as before: serve with melted butter.—Or, batter pudding may be made without eggs. Take a quart of milk, and with a little of it, mix half a dozen spoonsful of flour, a tea-spoonful of salt, two of beaten ginger, and as much of the tincture of saffron. Blend all together, and boil it an hour.

Batter Pudding with Meat.

Make a batter as before directed, with flour, milk, and eggs, pour a little into the bottom of a dish, then put seasoned meat of any sort upon it, and a little onion shredded. Pour the remainder of the batter over, and bake it in a slow oven.

Beef-steak Pudding.

Beat your steaks, which should be rump, and not too thick, with a chopper, cut them into small pieces, and trim off the skin and sinews. Take an onion cut fine, some potatoes peeled and sliced, rub the inside of a basin with butter, and sheet it with paste. Season the steaks with pepper, salt, and a little grated nutmeg, put in a layer of meat, then one of potatoes, and so on, with some of the onions, till it is full. Add to this half a gill of mushroom catsup, a table-spoonful of lemon pickle, and half a gill of water or veal broth. Roll out a cover, and close the pudding well. Rinse a cloth in hot water, sprinkle it with flour, and tie up the pudding in it. Let it boil two hours and a half. On taking it up, turn it downwards in a deep dish.

Baked Beef-steak Pudding.

Make a plain batter as directed before, or rather, as preferable, take some boiled potatoes, and mash them through a colander. Lay a little of this at the bottom of the dish, then put thereon the steaks, prepared and seasoned as already directed. Pour the rest of the batter over them, and send the pudding to the oven.

Kidney Pudding.

Split, soak, and season the kidney. Make a paste of suet, flour, and milk, roll it, and line a basin with it. Put in the kidney, and some steaks, cover them with paste, and a cloth over all. It must boil a considerable time.

Mutton Pudding.

Season your chops or steaks with salt, pepper, and onion. Place one layer of meat at the bottom of the dish, pour a batter of boiled potatoes, milk, and eggs, over it, then the steaks, and so on alternately till full. Bake the pudding. the slices of an under-done leg of mutton may be put into a basin lined with paste, and seasoned with pepper, salt, and onion or shalot. Boil it as before.

Baked Beef or Mutton Pudding with Potatoes.

Boil a sufficient quantity of good potatoes, till they are ready to fall to pieces, drain them well in a colander or sieve, clear them of all impurities and specks, mash, and make them up into a batter, with one or two eggs, and milk. Then place a layer of steaks or chops, seasoned with pepper and salt, at the bottom of a baking dish, cover them with batter, and do so alternately till the dish is full, adding a layer of butter at the top. The dish should be well buttered, in which case, the bottom as well as top layer may be batter. Bake it till it is of a fine brown.

A good plain Potato Pudding.

Take half a pound of boiled potatoes, two ounces of butter, the yolks and whites of two eggs, a quarter of a pint of cream, a spoonful of white wine, a little salt, and the juice and rind of a lemon. Beat all to a froth, and supply sugar as agreeable, with a crust or not, according to taste. If you wish to enrich it, put three more ounces of butter, sweet-breads, almonds, and another egg. Let it be nicely baked.

Cottage Potato Plum Pudding.

Boil and mash two pounds of potatoes, make them into a batter, with one pint of milk, and two or three beaten eggs, adding two ounces of sugar, and the same quantity of raisins. Bake it three-quarters of an hour, in a moderate oven. By leaving out the fruit, it makes an excellent plain pudding.

A Yorkshire Pudding.

This is a good accompaniment to a piece of roast beef, loin of veal, or any other fat joint. Make it thus:—Six table-spoonsful of flour, three eggs, a tea-spoonful of salt, and a pint of milk. Form a thick batter, beat it well, then place a dish under the meat to receive some of the dripping, after which, put in the pudding. When the upper side is browned, turn it, that both parts may be done alike. If large and thick, it will take two hours.

Save-all Pudding.

Put scraps of bread into a saucepan, with a pint of milk to every pound. Set it on the trivet till it boils, beat it up smooth, then add three eggs, three ounces of sugar, with some nutmeg, ginger, or allspice, and stir the whole well. Butter a dish, put in the pudding, and strew over it two ounces of suet chopped fine. Four ounces of currants will enrich it much. Bake it three-quarters of an hour.

Calf's-foot Pudding.

Mince fine a pound of calves' feet, after taking out the brown and fat; take a pound and a half of suet, cleared of the skin, and shredded small; beat the yolks of six eggs, and half the whites; next grate the crumb of half a penny roll, and pick clean and wash a pound of currants, then take as much milk as will moisten the whole, and a handful of flour, with a little salt, nutmeg, and sugar. Having made the pudding, boil it four hours, then take it up, lay it in a dish, and pour melted butter over it. An agreeable addition to the batter may be made with white wine and sugar.

Bread Pudding.

Cut the soft part of a penny loaf into slices, put them into a quart of milk, and set it over a chafing-dish of coals, till the bread has absorbed the liquid. Then put in a piece of butter, stir it round, and let it stand till cold; or you may boil the milk, and pour it over the bread, and cover it close, then take the yolks of six eggs, and the whites of three, and beat them with rose-water, nutmeg, salt, and sugar. Mix the whole well, put it into a cloth, and let it boil an hour. When done, pour it into a dish, with melted butter over it.

Another way.

Slice the soft part of a stale penny loaf, and put it into a quart of cream, then set it over a slow fire till scalding hot, after which, let it stand to cool. Beat up the cream and bread, and grate thereto some nutmeg. Boil twelve bitter almonds in two spoonsful of water, pour this to the cream,

stir it in, with salt, and sweeten to the taste. Blanch the almonds in a mortar, with two spoonsful of rose or orange flower water, till you have made a fine paste, and then mix it gradually with the cream. Take the yolks of eight eggs, and the whites of four, beat them up, put them into the cream, and mix the whole thoroughly. Dip the cloth in warm water, and flour it well, before you put in your pudding. Tie it loosely, and put it into boiling water, which must be kept in that state a full hour. When done, turn it out into a dish. Melt some butter, and put therein two or three spoonsful of white wine, let it boil, and pour it over the pudding. Next strew thereon plenty of fine sugar, and send it to table. It is better to boil the pudding in a basin than a cloth, taking care, in turning it out, not to break it.

Brown Bread Pudding.

To half a pound of stale brown bread grated, add the same quantity of currants, and as much of shredded suet, with sugar and nutmeg. Mix with these four eggs, a spoonful of brandy, and two of cream. Boil these in a cloth or basin, three or four hours.

Little Bread Puddings.

Soak the crumb of a penny loaf grated, in a pint of warm milk. Then beat the whites and yolks of six eggs, mix them with the bread, and two ounces of butter warmed, sugar, orange flower water, a spoonful of brandy, a little nutmeg, and a tea-cupful of cream. Beat the whole, and bake your puddings in buttered tea-cups. To the ingredients here mentioned, may be added a quarter of a pound of currants, or some orange or lemon candy. Serve with pudding sauce.

Puddings in haste.

Mix some suet that has been chopped small, grated bread, a few currants, the yolks of four eggs, and the whites of two, some grated lemon peel, and ginger. When well blended, make little balls about the size of an egg, with a little flour. Throw them into a saucepan of boiling water, and they will be done in twenty minutes. Serve them with pudding sauce.

Bread-and-Butter Pudding.

Having picked and washed two ounces of currants, strew a few of them at the bottom of a dish that holds a quart. Cut about four layers of thin bread and butter, and between each place some currants. Then break four eggs in a basin, leaving out one white, beat them well, and add thereto four ounces of sugar, and a drachm of nutmeg. Stir all together, with a pint of new milk, pour it over the rest, and send the pudding to the oven.

Oatmeal Pudding.

Pour a quart of boiling milk over a pint of fine oatmeal, let it soak all night, next day beat two eggs, and mix therewith a little salt, lay it in a buttered basin, and boil it in a floured cloth. Eat it with cold butter and salt. When cold, it may be sliced, and toasted as oat cake.

Yeast or Suffolk Dumplings

Make a light dough with yeast as if for bread, using milk instead of water, and adding thereto a little salt. Let it rise an hour before the fire. Twenty minutes previous to serving, get ready a stewpan of boiling water, make the dough into balls, each of the size of an egg. Let them boil twenty minutes, and to judge when done enough, stick a fork into one, and if the prong comes out clear, take them up. They should be eaten with meat, sugar and butter, or salt.

Peas Pudding.

Put a quart of split peas into a cloth, but do not tie them too close, that they may have room to swell. Let the water be cold, and boil it slowly, till the peas are tender. If they are good they will be done in about two hours and a half. Rub them through a sieve into a deep dish, adding thereto an egg or two, an ounce of butter, and some pepper and salt. Beat them well together about ten minutes, flour the cloth well, put in the pudding, tie it up tight, and boil it an hour longer. Two pounds of boiled and mashed potatoes may be added to the peas, where the family is large. This pudding is good with boiled beef and pork.

Suet Pudding or Dumplings.

Chop fine six ounces of suet, put it into a basin, with the same quantity of flour, two ounces of bread crumbs, and a tea-spoonful of salt. Stir these well together, beat two eggs on a plate, add to them six table-spoonsful of milk, put it gradually into the basin, and mingle the contents thoroughly. Divide the mass into six dumplings, and tie them in separate cloths that have been floured. Boil them just an hour. These will eat very well the next day fried. The entire composition will also make a good pudding, boiled two hours in a pan, with the addition of another egg, some more milk, and two ounces of suet.

Another way of making suet dumplings is, to boil them without a cloth in a pot with beef or mutton. In that case no eggs are used, but the dumplings are rolled in flour. Six ounces of currants may be added. A little sugar is also an improvement.

Veal-Suet Pudding

Slice the soft part of a threepenny loaf, boil, and sweeten with sugar two quarts of milk, and pour it over the bread. When soaked, take a little of the milk, and mix it with six eggs well beaten, and half a nutmeg. Place this with the slices of bread in a dish, with some currants, and veal suet shredded. You may either bake the pudding in a buttered dish, or boil it in a basin.

A Marrow Pudding.

Break five eggs, beat them up with a tea-spoonful of sugar and a table-spoonful of flour, add thereto a pound of raisins, and the same quantity of suet, but not chopped fine. Butter a basin well, put in the pudding, tie it over tight, and boil it five hours.

Another way.

Boil some cinnamon and lemon peel an hour in a pint of milk. Strain it into a basin, and set it to cool, then beat up the yolks of six eggs, with half the whites, add the milk, and a little brandy and nutmeg. Put puff-paste round the edge of the dish, butter the bottom, and lay thereon the crumb of three French rolls cut in slices. Next cut some marrow in the same manner, lay it on the bread, sprinkle over it a few currants, and then place thereon another layer of roll, and so on till the dish is full. Pour some of the custard over all, and send it to the oven for half an hour.

My Pudding

Beat up the yolks and whites of three eggs, strain through a sieve, and by degrees add thereto about a quarter of a pint of milk. Stir all together, then rub in a mortar two ounces of moist sugar, with as much grated nutmeg as will lie on a sixpence, and mix the whole with the eggs and milk. Next put in four ounces of flour, and beat it into a smooth batter. Stir gradually into it seven ounces of finely minced suet, and three ounces of bread crumbs. Let all these ingredients be thoroughly mixed half an hour before you put the pudding into an earthenware mould well buttered. Tie a cloth over it tight, put it into boiling water, and it will be done in three hours. This viand may be baked in an oven or under meat, similar to a Yorkshire pudding. In that case, an addition may be made to it of half a pint of milk. Care must be taken to keep the top from burning. Another way of dressing it is, by buttering some saucers, filling them with the pudding, and setting them in a Dutch oven before the fire, where they will be done in about an hour

Copied by D. Kitchener Cork made of 1841.

Plum Pudding.

To the ingredients mentioned in the preceding article, add half a pound of muscadel raisins cut in two, with a little grated lemon peel, and a table-spoonful of cream. Put the pudding in a cloth, and keep the water boiling all the time.

Another way.

Mix half a pound of malaga raisins with the same quantity of currants, a pound of flour, as much grated bread, and the same proportion of chopped suet, a little pounded allspice, a quarter of a pound of moist sugar, and some salt. Next add a beaten egg and milk, a glass of white wine or brandy, and a little grated nutmeg. Boil or bake the pudding, which in either case will be very agreeable.

A richer Plum Pudding.

Wash, pick, and stone one pound of the best jar raisins, take the same quantity of currants chopped small, as much beef-suet, and two ounces of almonds blanchd and pounded, mix them in a pound of sifted flour, and an equal quantity of bread crumbs, adding two ounces each of candied citron, orange, and lemon peel, half a grated nutmeg, one or two blades of beaten mace, four ounces of powdered lump sugar, and a little salt. Moisten the whole with ten beaten eggs, about half a pint of cream, a glass or two of mountain wine, and half a gill of brandy. Put the pudding, when well incorporated, into a dish, and bake it, or, as is more common, into a cloth, and boil it four hours. Serve it up with melted butter, in mountain wine, and powdered sugar over it.

Dutch Baked Pudding.

Take two pounds of flour, one of butter melted in half a pint of milk, the same quantity of picked currants, eight eggs, and a little pounded lump sugar. Blend the whole together with two spoonsful of yeast, and let it stand an hour to rise. It will take an hour to bake in a hot oven.

Dutch Rice Pudding.

Soak four ounces of rice in warm water half an hour, drain the latter from it, and throw the rice into a stewpan, with half a pint of milk, half a stick of cinnamon, and simmer the whole till tender. When cold, add four eggs well beaten, two ounces of butter melted in a tea-cupful of cream, three ounces of sugar, a quarter of a nutmeg, and a piece of lemon peel. Lay a light paste round a dish, and bake the pudding in a quick oven.

Rice Puddings baked or boiled.

Wash six ounces of rice, put it in a quart-stewpan, three-parts filled with cold water, set it on the fire, and let it boil

five minutes. Pour off the water, and add one quart of milk, a roll of lemon peel, and a little cinnamon. Boil gently till the rice is tender, which will be in about an hour and a quarter. Stir it often, take it off, and mix therewith an ounce and a half of fresh butter, beat up three eggs on a plate, a salt-spoonful of nutmeg grated, and two ounces of sugar. Line the dish with puff-paste, put in the pudding, and bake it three-quarters of an hour. If it is wished to resemble custard, add another egg, and half a pint of milk, or if in little puddings, butter small tea-cups, and either bake or boil them, which will take half an hour. This article may be varied many ways, by the addition of candied lemon or orange peel, or dried cherries, currants, raisins, or apples minced fine. Whether baked or boiled, these puddings are to be served up with white wine sauce, or butter and sugar.

Ground Rice Pudding.

Put four ounces of ground rice into a stewpan, and stir in gradually a pint and a half of milk. Set it over the fire, with a piece of lemon peel, and some cinnamon, and keep stirring it till it boils. Beat it to a smooth batter, then set it on the trivet, to simmer gently a quarter of an hour, beat three eggs on a plate, stir them into the pudding, with two ounces of sugar, and two drachms of nutmeg. Take out the lemon peel and cinnamon, stir the rest well together, line a dish with puff-paste, or butter it well, and bake for half an hour. If boiled, it will take an hour, in a mould well buttered. Three ounces of currants may be added in either case.

Plain Rice Pudding.

Having cleaned your rice, add to it some pimento finely pounded, but not too much, tie it in a cloth, and give it room to swell. Boil in a quantity of water for one or two hours. When done, eat it with butter and sugar, or milk, to which lemon peel may be added

A George Pudding.

Boil a handful of whole rice tender in a small quantity of milk, with a piece of lemon peel. Drain it, then mix with it twelve apples boiled to pulp as dry as possible, add a glass of white wine, the yolks of five eggs, two ounces of orange peel and citron cut thin. Make it sweet, and line a basin or mould with good paste. Beat the whites of the eggs to a froth, and mix it with the other ingredients. Fill the mould, and bake it of a fine brown colour. Serve it with the bottom upward, accompanied by the following sauce. Two glasses of wine, a spoonful of sugar, the yolks of two eggs, and a bit of butter, simmer without boiling, and pour it back

ward and forward from the saucepan. When thick, put it in the dish.

Millet Pudding.

Cleanse half a pound of millet seed, and put it into a dish, spread over with a quarter of a pound of butter, adding thereto some sugar and shredded lemon peel, with a little beaten allspice, cinnamon, grated nutmeg, or ginger, and pour over the whole three pints of milk. Bake it in a moderately heated oven. It may be enriched with eggs, spicery, and wine.

Custard Pudding.

Take a pint of cream, mix two or three spoonsful of it with one of fine flour, and set the rest over the fire. When it has boiled, take it off, and stir into it the cold cream and flour. While the whole is cooling, beat up five yolks of eggs, with two of the whites, stir in a little salt, some grated nutmeg, a glass of white wine, and sugar. Butter a wooden bowl, pour therein the custard, tie a cloth over it, and let it boil an hour. When done, turn the pudding into a dish, pour over it melted butter, either plain, or mixed with orange-flower water, sugar, and a spoonful of white wine.

Macaroon Custard Pudding.

Fill the bottom of a dish with macaroons, soak them with white wine, and pour over them a custard made of twenty eggs, a pint and a half of cream, and a pint of new milk, with the addition of such sweetmeats as may be agreeable. The dish may be lined with puff-paste, but care must be taken that it is not baked too much.

Pancake Pudding.

Take a quart of milk, four eggs, and two large spoonsful of flour, with some salt, and grated ginger. Beat all up into a smooth batter, and put it into a buttered dish. When baked, pour over it melted butter.

Carrot Pudding.

Grate half a pound of the best part of a raw carrot, and double the quantity of bread; mix eight beaten yolks of eggs, and four of the whites, with half a pint of new milk, and melt half a pound of fresh butter, with half a pint of white wine, three spoonsful of orange-flower water, a grated nutmeg, and sugar. Stir the whole, and if too thick, add more milk. Lay a puff-paste over the dish, and bake it an hour. Serve it with grated sugar. This pudding will be more delicious by substituting Naples biscuit and cream for the bread and milk, and by adding a glass of ratifia to the orange-flower water. Some boil the carrot, but thereby the saccharine virtue is lost.

New College Pudding.

Grate the crumb of a stale twopenny loaf, add thereto the same weight of beef-suet shredded, a grated nutmeg, a little salt, and two ounces of currants, beat a few eggs in some mountain wine and sugar, mix the whole together, knead it into a paste, and let it stand a quarter of an hour, after which, make it into the form and size of turkey's eggs, but flatter. Put a pound of fresh butter in a dish, over a clear fire or a stove, rub the butter round till melted, then lay the puddings therein, and cover them, taking care to turn them often, that they may be all browned alike. When done, serve them up hot, as a side-dish, with grated sugar. These puddings take their name from New College, Oxford, where they have been famous, time out of mind.

Orange Pudding.

Grate the rinds of two Seville oranges, and beat the same in a marble mortar, with half a pound of fresh butter, as much lump sugar, and the yolks of sixteen eggs. When the whole is of an even colour, pour it into a dish lined with puff-paste, and bake it.

Another way.

Mix two large spoonsful or more of the paste prepared as before, with six eggs, four ounces of sugar, and as much melted butter. Bake it twenty minutes.

Amber Pudding.

Lay a pound of fresh butter in a stewpan, with three-quarters of a pound of lump sugar finely pounded, melt the butter, and mix the whole well, then add the yolks of fifteen eggs beaten, and as much candied orange as will give it a colour and flavour, first reducing it to paste. Line the dish with a fine crust, and cover it as you would a pie. Bake it in a slow oven. It is equally good cold or hot.

Lemon Pudding.

Beat up the yolks of four eggs with four ounces of lump sugar, rub thereto the rind of a lemon, then peel the same, and beat it in a mortar, with the juice of a large one. Mix the whole with four or five ounces of warmed butter. Lay a crust in a shallow dish, notch the edges, and put in the pudding, but when baked, turn it out into another for the table.

Almond Pudding.

Beat half a pound of sweet almonds, and a very few of bitter ones, with a spoonful of water. Mix four ounces of warm butter, the yolks of four eggs, two spoonsful of cream, one of

brandy, a little nutmeg, and sugar. Butter some cups, half fill them with pudding, and put them into an oven. Serve with butter, wine, and sugar.

Baked Almond Pudding.

Beat four ounces of sweet almonds, with four or five bitter ones, a little white wine, the yolks of six eggs, the peel of two lemons grated, six ounces of butter, about a quart of cream, and the juice of a lemon. Bake it half an hour, with paste round the dish.

Another way.

Pound eight ounces of almonds with a few bitter ones, in a spoonful of water, then mix it with four ounces of butter warmed, the yolks of four, and the whites of two eggs, sugar, two spoonfuls of cream, and one of brandy. Bake it in buttered cups as before, and serve with pudding sauce.

Muffin Pudding.

Boil a small piece of lemon peel, a little cinnamon, and sugar, about eight or ten minutes in a pint of milk. Put three muffins into a large basin, strain over them the milk, and when cold, mash the whole with a wooden spoon. Pound about an ounce of blanched almonds, mix them well in with about a quarter of a pound of any dry preserved fruit, as apricots, cherries, or plums, a little grated nutmeg, three yolks of eggs beaten, and two table-spoonful each of brandy and orange-flower water. Bake the pudding with puff-paste round the dish, or you may boil it tied up in a basin. Currants may be substituted for the preserved fruit.

Sago Pudding.

Boil a pint and a half of new milk, with four spoonfuls of sago, washed and picked, lemon peel, cinnamon, and nutmeg. Sweeten the whole to your taste, then mix therewith the yolks of four eggs, lay a paste round the dish, and bake it in a slow oven.

Macaroni Pudding.

Simmer one or two ounces of pipe macaroni in a pint of milk, with a little lemon peel and cinnamon, till tender. Put it into a dish, with milk, two or three yolks, and one white of egg, sugar, nutmeg, a spoonful of peach water, and half a glass of sweet wine. Lay a paste round the edges of the dish. Orange marmalade, or raspberry jam, may be advantageously substituted for almond water in giving the pudding a flavour.

Quaking Pudding.

Scald a quart of cream, and when nearly cold, add to it four eggs well beaten, a spoonful and a half of flour, some nut-

meg, and sugar. Tie all close in a buttered cloth, and let it boil an hour. Turn it out carefully, to avoid cracking. Serve with melted butter, wine, and sugar.

Duke of Cumberland's Pudding.

Mix six ounces of grated bread, the same of raisins cleaned, stoned, and chopped, as much beef-suet, chopped apples, and lump sugar, six eggs, half a nutmeg, a little salt, the rind of a lemon minced fine, with a large spoonful each of citron, orange, and lemon. Put the whole well mixed into a basin, covered close with a floured cloth, and let it boil three hours. Serve it with pudding sauce, and the juice of half a lemon, boiled together.

Noddy Puddings.

Beat blanched almonds very fine, add one or two spoonfuls of rose water or cream, strain the whole through a sieve, boil it, and set it by to cool. Then thicken it with beaten eggs, sweeten with fine lump sugar dissolved in rose water, and tie it up in different bags, boil them half an hour in a small saucepan, and melt butter with rose water and sugar for the sauce. These curious puddings may be coloured with spinach juice, saffron, beet, or other articles.

German Puddings or Puffs.

Melt three ounces of butter in a pint of cream, let it cool, then mix two ounces of fine flour, and two ounces of sugar, four yolks and two whites of eggs, and a little rose or orange flower water. Bake it in small cups, buttered, half an hour, and serve them up as soon as done, by turning them out, and sending with them white wine and sugar.

A Transparent Pudding.

Beat up eight eggs, put them into a stewpan, with half a pound of sugar powdered fine, as much butter, and some grated nutmeg. Place it over the fire, and keep it stirring till it thickens. Set it in a basin to cool, lay a rich puff-paste round the edge of the dish, pour in the pudding, and bake it in a moderate oven. Candied orange and citron may be added.

A Quickly-made Pudding.

Take of flour and suet, half a pound each, four eggs, a quarter of a pint of new milk, a little mace and nutmeg, four ounces of raisins, the same of currants; mix these, and boil the pudding three-quarters of an hour in a pot closely covered.

A Welsh Pudding.

Melt gently half a pound of fine butter, beat therein the yolks of eight eggs, adding to it six ounces of lump sugar

pounded, and the grated rind of a lemon. Bake it in a dish, and when done, turn it out into another for the table.

Buttermilk Pudding.

Having warmed three quarts of new milk, turn it with a quart of buttermilk. Drain the curd through a sieve, and when dry, pound it in a marble mortar, with about half a pound of loaf sugar, a lemon boiled tender, the crumb of a roll grated, a nutmeg also grated, six bitter almonds, four ounces of warm butter, a tea-cupful of cream, the yolks of five and the whites of three eggs, a glass of wine, and another of brandy. Bake in small cups or basins well buttered, and if the bottom is not browned, use a salamander. Serve them hot, and with pudding sauce.

Curd Puddings or Puffs.

Turn two quarts of milk, press out the whey, rub it through a sieve, and mix with it four ounces of butter, the crumb of a penny loaf, two spoonsful of cream, the same quantity of white wine, half a nutmeg, and a little sugar. Butter some small cups or pattepanes, and fill them three parts up, and bake them carefully. Orange-flower water will be an improvement. Serve with sweet sauce in a boat.

Boiled Curd Pudding.

Rub the curd of two gallons of milk, well drained, through a sieve, mix it with six eggs, a little cream, two spoonsful of orange-flower water, half a nutmeg, three spoonsful each of flour and bread crumbs, half a pound of currants, and the same of raisins cut and stoned. Boil an hour in a thick floured cloth.

Shelford Pudding.

Mix three-quarters of a pound of currants or stoned raisins, one pound of flour, the same quantity of suet, six eggs, some good milk, lemon peel grated, and a little salt. Boil the pudding in a melon-shaped mould six hours.

Nelson Pudding.

Put into a Dutch oven, six of the cakes called Nelson's balls, or, instead of them, rice cakes made in tea-cups. When hot, pour over them melted butter, white wine, and sugar, and serve them up.

Hunter's Pudding.

Take of suet, flour, currants, raisins stoned and cut, a pound each; the rind of half a lemon shredded finely, six Jamaica peppers powdered, four eggs, a glass of brandy, a little salt, and as much milk as will give the whole a proper consistence. Boil the pudding in a floured cloth or a melon-shaped mould, eight or nine hours. Serve it with sweet sauce. A spoonful

of peach water will heighten the flavour. This pudding will keep six months tied up in the same cloth, and hung up in a sheet of cap paper to preserve it from dust. When to be used, it must be boiled an hour.

A Cowslip Pudding.

Take a peck of cowslips, cut off the flowers, pound them small, with half a pound of Naples biscuit grated, and three pints of cream. Boil these together, then beat up ten eggs with a little cream and rose water, sweeten to your taste, mix the whole well, butter a dish, and pour the ingredients in, with a little fine sugar over all, and bake it.

An Italian Pudding.

Take a pint of cream, and slice therein as much French roll as will make it thick, beat up five eggs, butter the bottom of a dish, slice eight pippins into it, and add thereto some orange peel, sugar, and half a pint of port wine. Pour in the cream, bread, and eggs, lay a puff-paste over the dish, and bake it half an hour.

A Spinach Pudding.

Pick and clean a quarter of a peck of spinach, put it into a saucepan, with a little salt, cover it close, and when it is boiled tender, throw it into a sieve to drain, then chop it with a knife, beat up six eggs, mixed well with a quarter of a pint of cream, and a stale roll grated fine, a little nutmeg, and four ounces of melted butter. Stir the whole, and put it into the saucepan the spinach was boiled in, and keep on stirring it till it begins to thicken, then wet and flour a cloth, tie up the pudding, and boil it an hour. When done, turn it out upon a dish.

Lady Sunderland's Pudding.

Beat up the yolks of eight eggs, with the whites of three, add thereto five spoonsful of flour, and a grated nutmeg, and put the whole into a pint of cream. Butter some small basins, fill them half way, and bake them an hour. When done, turn them out, and pour thereon melted butter, wine, and sugar.

Barley Pudding.

Beat up the yolks of six eggs and the whites of three, and put them into a quart of cream. Sweeten, and put in a little orange flower or rose water, with a pound of melted butter. Add six handfuls of French barley, that has been boiled tender in milk. Butter a dish, pour it in, and send it to the oven.

Citron Pudding.

Take a spoonful of flour, two ounces of sugar, nutmeg, and half a pint of cream. Mix the whole with the yolks of three

eggs. Put it into cups, after adding three ounces of citron cut very thin. Bake them in a quick oven, and when done, turn them out on a dish.

Quince Pudding.

Scald the quinces till they are tender, pare them thin. scrape off the pulp, mix it with plenty of sugar, and add a little ginger and cinnamon. To one pint of cream, put three or four yolks of eggs, and stir therein quinces till they are sufficiently thick. Butter your dish, pour in the pudding, and bake it.

A Green Bean Pudding.

Boil and blanch some old beans, then beat them in a mortar, with a little pepper, salt, cream, and the yolk of an egg. A little spinach juice will give it a fine colour, but it will do without. Boil it an hour in a basin, and pour parsley and butter over it. Serve it with bacon.

Norfolk Dumplings.

Having made a good thick batter, as for pancakes, drop it into a saucepan of boiling water. When the dumplings are done, which will be in two or three minutes, throw them into a sieve to drain, and then turn them into a dish. They are to be eaten with sugar and butter

A Grateful Pudding.

Take a pound of fine flour, and as much white bread grated, next beat eight yolks and four whites of eggs with a pint of new milk; into which, stir the bread, flour, and a pound of stoned raisins, the same of currants, half a pound of sugar, and a little beaten ginger. Mix these ingredients well together, and either boil or bake it.

A Sparrow Pudding.

Make a good puff-paste, pick, clean, and season your sparrows with pepper and salt. Lay the paste in a basin or mould, then put in the sparrows with the breasts downwards. Place a good piece of butter over all, and a lid to cover them. Enclose the basin in a cloth, and boil it an hour. A beef-steak pudding may be done in the same way

Boiled Apple Pudding.

Chop fine four ounces of suet, or instead of it take two pounds of butter, lard, or dripping. Put it on the board, with eight ounces of flour, and a tea-spoonful of salt, mix the whole well with your hands, then lay all in a heap, make a hole in the middle, break one egg into it, stir it with your finger, and gradually pour thereon as much water as will make a stiff paste. Roll it out two or three times, and make it large enough to receive thirteen apples. It will be better boiled in a basin, well buttered, than in a cloth. Boil it an

hour and three-quarters. It will be advisable to stew the apples first, with a wine-glassful of water, and then the pudding will be done in an hour. The flavour may be heightened with cloves and lemon peel. Gooseberries, currants, damsons, and other fruits, are made into puddings nearly in the same way.

Boston Apple Pudding.

Peel and core eighteen good apples, cut them small, and put them into a stewpan, with a little water, cinnamon, two cloves, and a little lemon peel. Stew over a slow fire till the apples are quite soft, then sweeten with brown sugar, and pass it through a sieve. Add the yolks of four eggs, and the white of one, a quarter of a pound of butter, half a nutmeg, the grated peel of a lemon, and also the juice, beat the whole well together, line the inside of a dish with paste, put in the pudding, and bake it half an hour.

Nottingham Pudding.

Peel and core six apples, but leave them whole, which is done by picking out the kernels with the point of a small knife, and filling up the cavity with sugar. Place the apples in a pie dish, pour over them a little batter, and bake in a moderate oven.

Pippin Pudding.

Coddle six pippins, in vine leaves, covered with water, so gently that they may be rendered soft on the inside without breaking the skins. Then peel them, and take the pulp from the core with a tea-spoon. Press it through a colander, add thereto two spoonsful of orange-flower water, three eggs beaten, a glass of sweet wine, a pint of scalded cream, sugar, and nutmeg. Lay a thin puff-paste at the bottom, and round the dish, add some lemon peel shredded fine, also orange peel and citron in slices. Bake it nicely.

A Charlotte.

Cut thin some slices of bread, cover and line with them the bottom and sides of a baking dish, first rubbed with butter. Put slices of apples into the dish in layers, strewing between them sugar and pieces of butter. Soak as many slices of bread in warm milk as will cover the whole, over which lay a plate, and a weight to keep down the apples. Bake slowly three hours. A middling-sized dish will take half a pound of butter.

Apple Dumplings.

Peel and core the apples, then, having prepared a paste as for pudding, roll and divide it into proportionate pieces. Put one apple in each, and tie it up in a cloth very tight. On taking them up, which will be in an hour, dip them in cold water, and put them into cups of about the same size.

Spring-fruit Pudding.

Peel and wash four dozen sticks of rubarb, put them into a stewpan, with the juice of a lemon, a little cinnamon, and as much moist sugar as will sweeten it. Set it over a fire, and reduce it to a marmalade, pass through a hair sieve, add the yolks of four eggs, and one white, four ounces of butter, half a nutmeg, and the peel of a lemon grated. Beat all well together, line the inside of a dish with good paste, put in the pudding, and bake it half an hour.

Baked Gooseberry Pudding.

Stew your fruit over a slow fire till tender, and then pulp through a hair sieve. Beat up five or six eggs, strain them to about a quart of the pulp when cold, and mix up both with crumbs of bread, or Naples biscuits, plenty of sugar, a little grated orange or lemon peel, and nutmeg, with some rose or orange-flower water. Line the dish with paste, pour in the fruit, then lay a rim of crust round the edge, and bake it moderately.

Apricot Pudding.

Take twelve apricots, and scald them till soft, pour on the grated crumbs of a penny loaf, a pint of boiling cream, and when half cold, add four ounces of sugar, the yolks of four beaten eggs, and a glass of white wine. Pound the fruit in a mortar, mix that and the rest together, lay a paste round the dish, and bake it half an hour.

Tansey Pudding.

To four Naples biscuits grated, put as much boiling cream as will moisten them completely, after which, beat them with the yolks of four eggs. Next take a very few chopped tansey leaves, with enough of spinach to give the whole a green colour. Mix all together, and when the cream is cold add thereto a little sugar, and set it over a slow fire till it grows thick. Then take it off, and when cold, put it in a cloth well buttered and floured. Tie it up close, let it boil three-quarters of an hour, then take it up, put it in a basin, and set it aside fifteen minutes, after which turn it out, and serve it with white wine sauce in the dish.

A Chesnut Pudding.

Boil eighteen chesnuts in a saucepan of water, for a quarter of an hour, then blanch and peel them, beat them in a mortar, with a little orange-flower water and white wine, till they make a fine paste. Beat and mix twelve eggs, and half the whites, grate half a nutmeg, add thereto a little salt, with three pints of cream, and half a pound of melted butter. Sweeten to your taste, put it over the fire, and keep stirring till it is thick; lay puff-paste over your dish, put in the pudding, and bake it.

Brandy Pudding.

Line a mould with either jar raisins chopped and stoned, or dried cherries, next with slices of French roll, then some ratifia, or macaroons, after which, place in layers, fruit, rolls, and cakes, in succession, till the mould is full, sprinkling over the whole two glasses of brandy. Beat up the yolks and whites of four eggs, then to a pint of milk or cream, lightly sweetened, put half a nutmeg, and the rind of half a lemon, both grated. Suffer the liquid to soak into the whole, then flour a cloth, tie it over all, and boil one hour, keeping the mould the right side upward. Serve with pudding sauce.

Eve's Pudding.

Grate three-quarters of a pound of bread, and mix therewith the same quantity of suet minced small, and as much apples and currants. Incorporate the whole with four eggs, and the rind of a lemon shredded fine. Make it into shape, and let it boil three hours. Serve with pudding sauce, the juice of half a lemon, and a little nutmeg.

Herb Pudding.

Steep a quart of grits in warm water half an hour, cut a pound of hog's lard very small, take a handful each of spinach, beets, parsley, and leeks, three large onions chopped, and three sage leaves cut fine. Add a little salt, mix the whole, and tie it close. While boiling, take it up, and loosen the string.

Queen's Pudding.

Range some thin slices of white bread round a basin or mould that has been buttered very thick. When this is properly done, fit a slice at the bottom, then pare and core some apples, put them in another basin, with a spoonful of water, cover them, and set them in an oven till soft, take them out, and beat them up. Next put in about two ounces of butter, grated lemon peel, nutmeg, and sugar, beat in the yolks of six eggs, and the white of one; when cold, put it in the basin with the bread, fitting another slice at the top. Bake it an hour, after which, let it stand about fifteen minutes before it is turned out.

PANCAKES AND FRITTERS.

Care must be taken to keep the frying pan perfectly clean, and previous to using it, some clarified butter or sweet lard should be put into it, and wiped out again when hot. Then put in more lard, and fry your pancakes of a nice brown,

after which, drain them from the fat. They should be sent to table a few at a time, with sugar strewed on each, for if allowed to cool they become tough.

Pancakes.

Beat up six or eight eggs, leaving out half the whites, and stir them into a quart of milk. Mix your flour, with some of the milk, and then add the rest gradually. Put in two spoonsful of beaten ginger, with a little salt, and stir the whole together. Having laid a piece of butter in the stewpan, pour thereto a ladleful of batter, or enough to make a pancake, moving the pan round all one way, that the batter may spread evenly. Shake the pan, and when one side is done enough, turn it till the other is brown. Then lay it in a dish before the fire, and do the same by the rest. Before taking them out of the pan, raise it a little to drain off the fat.

Cream Pancakes.

Mix the yolks of two eggs, with half a pint of cream, two ounces of sugar, some beaten cinnamon, mace, and nutmeg. Fry them as quick as possible, and grate over them some lump sugar.

Rice Pancakes.

Boil half a pound of rice to a jelly, with a little water, and when cold, mix with it a pint of cream, eight eggs, a small matter of salt, and some nutmeg. Stir in eight ounces of butter just warmed, and as much flour as will thicken the batter. Fry them in very little lard or dripping.

Irish Pancakes.

Take a pint of cream, eight yolks and four whites of eggs, beat them with some grated nutmeg and sugar, then melt three ounces of butter in the cream, mix it with the rest, and add thereto about half a pint of flour smoothed fine. Rub the pan with some butter, and fry the cakes thin without turning. Serve several one on another.

Wafer Pancakes.

Beat four eggs well, with two spoonsful of fine flour, two of cream, one of loaf sugar beat and sifted, and half a nutmeg grated. After cleaning and rubbing your pan with butter, pour in the batter, and make it as thin as a wafer, fry it only on one side, put it in a dish, and grate sugar upon each.

New England Pancakes.

Mix with a pint of cream, five spoonsful of fine flour, seven yolks, and four whites of eggs, and a little salt. Fry them very thin in fresh butter, strewing between every two pan

cakes sugar and powdered cinnamon. Six or eight should be sent to table at once.

Pink-coloured Pancakes.

Boil till tender a large beet-root, and then bruise it in a marble mortar. Put to it the yolks of four eggs, two spoonful of flour, three of cream, half a grated nutmeg, some sugar, and a glass of brandy. Mix these ingredients thoroughly, fry them well, and serve up the pancakes, with a garnish of green sweetmeats, preserved apricots, or sprigs of myrtle.

Plain Fritters.

These may be made of the same kind of batter as pancakes, by pouring a small quantity into the pan, or by grating the crumb of a penny loaf, and putting it into a pint of milk; mix it smooth, and when cold, add the yolks of five eggs, three ounces of sifted sugar, and some grated nutmeg. Fry them, and when done, pour thereon melted butter, wine, and sugar.

Custard Fritters.

Beat up the yolks of eight eggs, with one spoonful of flour, half a nutmeg, salt, and a glass of brandy, then put in a pint of cream, sweeten, and bake it in a small dish. When cold, cut it into quarters, and dip them in batter, made of half a pint of cream, a quarter of a pint of milk, four eggs, a little flour, and a small quantity of grated ginger. Fry the fritters, and when done, strew over them some grated sugar.

Apple Fritters.

Pare, core, and cut in slices some large apples, then take half a pint of ale, and two eggs, beat in as much flour as will give it a consistence rather thicker than that of a common pudding. Add nutmeg and sugar, and let the whole stand three or four minutes to rise. Then dip the slices of apple into the batter, fry them crisp, and serve them up, with sugar grated over them, and wine-sauce in a boat.

Rice Fritters.

Boil a quarter of a pound of rice in milk till it is pretty thick. Mix with it a pint of cream, four eggs, a little sugar, cinnamon, and nutmeg, six ounces of currants, some salt, and as much flour as will make a thick batter. Fry the fritters in boiling lard, and give them the form of little cakes. Send them up with sugar and butter.

Hasty Fritters.

Warm some butter in a stewpan, take half a pint of ale, and stir into it gradually a little flour, and a few currants

or sliced apples, beat them up, and drop a large spoonful at a time all over the pan, taking care that they do not stick together. Turn them with an egg slice, and when brown, lay them on a dish, with sugar over them, and serve them hot.

Potato Fritters.

Boil two large potatoes, scrape them fine, beat up four yolks and three whites of eggs, then add one large spoonful of cream, as much of sweet wine, the squeeze of a lemon, and a little nutmeg. Beat this batter half an hour, then put some lard into a stewpan, and drop a spoonful of butter therein at a time. Fry the fritters, and serve them separately, with a sauce made of one glass of white wine, the juice of a lemon, a dessert-spoonful of peach or almond water, and some lump sugar, melted together.

Parsnep Fritters

Boil, peel, and grate to a pulp two parsneps, beat the mass up with four yolks and two whites of eggs, two spoonsful each of cream and white wine, with a little grated nutmeg. Beat the whole till the batter is very light, then fry it as already directed, and serve the fritters up with orange or lemon juice, and sugar, or with melted butter, white wine, and sugar.

Royal Fritters.

Pour a quart of new milk into a saucepan, and when it begins to boil, add a pint of white wine. Take it off, and let it stand five or six minutes, skim off the curd, and put it into a basin, mix it with six eggs, and season it with nutmeg. Beat it with a whisk, and add flour sufficient to make a batter, put in some sugar, and fry the fritters as before.

Chicken Fritters.

Put some new milk into a stewpan, and add as much flour of rice as will give it a tolerable consistence. Beat three or four eggs, the yolks and whites together, and mix them well with the rice and milk. Add thereto a pint of cream, set it over a stove, and stir it well. Put in some powdered sugar, candied lemon peel cut small, and some fresh grated lemon peel. Cut off the white meat of a roasted chicken, pull it into small shreds, and put it to the other ingredients, stirring the whole together. This will make a rich paste, which must be rolled out, cut into fritters, and fried in boiling lard. Strew the bottom of the dish with powdered sugar, put in the fritters, and throw some more sugar over them.

Bilboquet Fritters.

Break five eggs into two handsful of fine flour, with milk enough to make it assimilate with the rest, then add salt, and

work it again. When the batter is well made, put in a tea-spoonful of powdered cinnamon, the same of grated lemon peel, and half an ounce of candied citron cut small. Rub a pan with butter, and put in the paste. Set it over a slow fire, and when baked, take out the paste, and lay it on a dish. Place another stewpan on the fire, with a good deal of lard, and when it boils, cut the paste to the size of your finger, and notch it across at each end, which will cause it to rise and be hollow, so as to have a pleasing effect. Great care must be taken that they do not rise too much. When done, sift sugar on a warm dish, and shake some over the fritters.

German Fritters.

Pare, core, and quarter some apples, and cut them into round pieces. Put a quarter of a pint of brandy, a table-spoonful of fine sugar pounded, together with some cinnamon, into a pan. Add the apples thereto, and set the whole over a gentle fire, stir them often, but without breaking them. Set on another pan with lard; and when it boils, drain the apples, dip them in flour, and put them into it. Strew sugar over the dish, and place it on the fire, lay in the fritters, throw some sugar over them, and glaze them with a red-hot salamander.

Orange Fritters.

Peel five or six sweet oranges, cut them in quarters, take out the seeds, and boil the fruit, with a little sugar. Make a paste, with white wine, flour, a spoonful of fresh butter melted, and some salt. Mix it till it runs ropily from the spoon. Dip the pieces of orange into it, and then fry them of a light brown in lard. Serve them glazed with sugar, and salamandered.

Wafer Fritters

Take five or six spoonful of flour, a little salt, a quart of water, eight eggs well beaten, a glass of brandy, and mix them thoroughly. The larger the fritters are made before they are dressed, the better they will eat. Melt half a pound of butter, and beat it well into the batter, then fry the fritters in lard.

Currant Fritters.

Take half a pint of ale, and stir into it sufficient flour to make it tolerably thick, and add a few currants. Boil it up quick, and put a large spoonful at a time into a pan of boiling lard.

Strawberry Fritters.

Make a batter with a spoonful of salad oil, one of white wine, rasped lemon peel, and the whites of two or three eggs. Let it be just thick enough to drop from a spoon. Mix therewith some large strawberries, and put them into the hot frit-

ters. When of a good colour, take them out, and drain them on a sieve. Strew sugar, or glaze them, and serve them hot.

Raspberry Fritters.

Grate the crumb of a French roll, and put to it a pint of boiling cream. When cold, add thereto the yolks of four eggs well beaten up. Mix the whole with raspberry juice, and drop the fritters into a pan of boiling lard, in very small quantities. When done, stick upon them some blanched almonds sliced.

Tansey Fritters.

Pour a pint of boiling milk on the crumb of a penny loaf, let it stand an hour, and then add thereto as much tansey juice as will give it a flavour. Put in a little spanish juice, a spoonful of ratifia water or brandy, sweeten it, and grate therein the rind of half a lemon; beat up the yolks of four eggs. Mix the whole of these ingredients, put them into a stew-pan, with a quarter of a pound of butter, set it over a slow fire, and stir it till quite thick, then take it off, and let it stand two or three hours. Drop a spoonful of this batter at a time into a pan of boiling lard, and when the fritters are done, grate some sugar over them. Serve with wine sauce in a boat, and garnish with slices of orange.

Almond Fraise.

Blanch and steep one pound of the best Jordan almonds in a pint of cream, add ten yolks and four whites of eggs. Take out the almonds, and pound them in a mortar, then mix them again with the cream and eggs, put thereto sugar and grated bread, and stir the whole well together. Lay some fresh butter in a pan, and when hot, pour in the batter. Keep stirring till it is of a good consistence, and when done, turn it out into a dish, with some sugar over it.

Bockings.

Mix three ounces of buckwheat flour with a tea-cupful of warm milk and a spoonful of yeast, let it rise before the fire for an hour. Then beat up four eggs, and as much milk as will make a good batter, and fry them in it.

Ramakins.

Stew some Parmesan cheese, then bruise it with some fresh butter, a little water, salt, and an anchovy. Boil the whole well, and add as much flour as will make a paste. Put this into another pan, with the yolks of twelve eggs, beat up the whites stiff, and put them to the rest. Fry them till brown.

MISCELLANEOUS COOKERY.

The culinary science extends to such a variety of objects, that many of the formularies for supplying the table with delicacies, cannot, with any regard to correctness of phrase, be classed under a particular head, and therefore writers who have engaged in the task of collecting precepts in cookery, have been obliged to adopt for a great number of them the crude denomination of Made-dishes. But comprehensive as this form may appear, it does not properly apply to many of the simple articles which are brought under it, and therefore, we have rather chosen to designate this division of our work by the more general title of Miscellaneous Cookery.

We shall commence this department with giving directions for dressing a turtle, and its imitations, because, though vulgarly classed as a fish in most books of cookery, the animal is well known to be amphibious.

English Way of Dressing a Turtle.

Hang it up the night before, and cut off the head and fins. Let it bleed freely, and when dead, cut out the belly part clean. Extract the white meat or callipee, and put it into spring water. Draw, cleanse, and wash the inwards, scald the fins and head. Next saw the shell about two inches deep all round, scald, and cut it in pieces. Put the shell, head, and fins into a pan, cover them with good veal gravy, and add thereto shalots, thyme, anchovy, marjoram, parsley, some basil, cloves, mace, and a nutmeg. Chop the herbs, and pound the spicery. Stew the whole till tender, then take out the meat, and strain the liquor through a sieve. Cut each of the fins into three pieces, and take all the brawn or meat from the bones, and divide it into squares. Melt butter in a stewpan, put in the white meat, and simmer gently till nearly done, then take it out of the liquor, and cut it into pieces about the size of a goose's egg. Cover the entrails with veal stock, add herbs and spice as before, and stew them till they are tender. Boil the liver by itself, for being bitter, it will both discolour and affect the flavour of the other parts. When these are done, take them up, cut them in pieces, and strain off the liquor. Melt a pound of butter in a stewpan large enough to contain all the meat, add thereto half a pound of flour, put in the liquor, and stir the whole till thoroughly mixed. Make a number of forcemeat balls, and enrich the whole with three pints of Madeira, some cayenne pepper, salt, and two lemons. It is best to bake the deep shell, as the meat must either be browned in an oven or with a salamander. When the

shell is filled, serve the remainder in tureens, laying some of the fat at the bottom of each, the lean in the middle, and the egg and balls, with part of the entrails, on the top. Where a grand callipash is to be served separately, the shell should have an ornamental crust covering, raised pretty high, pasted round the sides, glazed with egg, and baked. In this must be placed the soup, egg balls, and forcemeat, like the meat in the tureens. To serve up a callipee in the same style, scald a few pounds of the under part, then take out the shoulder, fill the cavity with rich forcemeat, and stew it in good gravy, with a pint of Madeira, lemon juice, sweet herbs, shalots, and cloves of garlic, spices, cayenne, and salt. Before it is quite done, put the meat into another pan, with some of the boiled entrails, and egg balls, add a little thickening of flour and butter to the liquor, boil it up, and strain it to the rest. Stew the whole till the meat is tender, and the liquor is nearly a jelly. Serve it in a shell or dish, with an ornamental covering of baked pastry.

The Jamaica Mode of Dressing a Turtle.

Hang it up by the hind fins, cut off its head, and let it remain in that position all night. Next morning cut off the callipee, or bottom shell, and lay all the meat that adheres to it in a dish. Dip the callipee in boiling water, and with a thin knife take off the shell, and do the same by the back part or callipash, the fins, and head. Having thus cleared the shell and meat, chop the bones in pieces about the size of your hand, and put them with the green substance adhering to them into a pot, cover them with water, and boil them till the fat comes off. In the mean time, cut the meat of the turtle in pieces two inches square, then slit the guts open, and wash them clean, dip them in scalding water to bring off the slime, scrape them with the back of a knife, rub them with salt, wash them in several waters, and cut them in lengths about the size of your finger. Do the same by the maw, next cut the heart and lungs in pieces, take a handful of parsley picked and chopped fine, a quarter of an ounce of beaten mace, a grated nutmeg, cayenne, and salt, mix them together, and then proceed to fill your turtle pots, laying some of the bones at the bottom of each, then a layer of meat, a little parsley and seasoning, and dredge in a very little flour, then add another layer of turtle, with some tripe amongst it, and continue the seasoning, till the pot is three parts full. Lastly, lay on some of the green fat that you have vicked from the bones, with half a pint of Madeira in each pot, and fill them all up with the water the bones were boiled in. Cover the tops also with bones, and tie them over with

two or three thick folds of paper. Put them into an oven, and having baked them two hours, put into every one some forcemeat balls fried, and yolks of eggs. Send the turtle to table in the pots it was baked in; but if you wish to have a whole course, make a soup of the head, and take a knuckle of veal, cut it in pieces, and fry it in dripping, with a carrot and turnip sliced; when brown, have ready the remainder of the water the bones were boiled in, quite hot, pour it into the pan, and let it continue to boil a few minutes, then remove the scum, and shift the liquor into another pan. If you have not enough to fill a tureen, add some boiling water, parsley, a sprig of sweet marjoram, with about a quarter of a pint of wine, a little salt, and cayenne to your taste, and let it stew an hour and a half, then strain it through a hair sieve, and take off the fat. When the soup is dished, put in some forcemeat balls and yolks of eggs. Split the head, and clean it well with a brush and salt, cut it in pieces, and prepare it as the rest of the turtle. Bake it an hour, and add that and the gravy to the tureen when the soup is dished. If the callipee is wanted for a bottom dish, cut the meat off, and scald it, then season it with mace, cayenne, salt, and parsley and butter, next take a large sheet of white paper, cover the callipee with it, and over that a thin paste. Bake this two hours in a moderate oven, and on taking it out, pour thereto a quarter of a pint of Madeira wine, and some of the soup made hot, with forcemeat balls and the yolks of eggs.

Plain Manner of Dressing a Turtle.

Having killed the animal as before directed, scald it till the external skin comes off, and the turtle opens all round, where the upper and under shells are connected, but reserve the largest of these, or the callipash, for baking. Make some good forcemeat, mixed with the entrails and lungs, well cleaned and scalded, and adding a little Madeira to make it palatable. Next stuff the flesh which adheres to the deep shell with some of the forcemeat, and form what remains into long and round balls lightly seasoned. Make a paste of flour and water, lay it over the shell, at the neck part, to keep in the gravy. Previous to its being put in the oven, add to it some clear veal stock. Next cut the soft part of the shell, with the flesh belonging to it, into pieces, stew them with the fins and the remainder of the entrails, except the liver, and season them highly. When perfectly tender, and the other part is taken out of the oven, mix the whole in the deep shell. Garnish with the fins, yolks of hard eggs, forcemeat balls, and small patties.

TONGUES

To boil a Tongue.

A dry one must be steeped in water all night, and then boiled for three hours. If it is to be served up hot, it must be stuck with cloves, then rub it over with the yolk of an egg, strew upon it some bread crumbs, baste it with butter, set it before the fire till it takes a light brown colour, and when dished up, pour to it a little brown gravy, or red wine sauce. Garnish it all round with slices of currant jelly. If the tongue is pickled, it must be washed out with water.

To stew a Tongue.

Rub therein for a week salt and saltpetre, taking care to turn it every day. Boil it sufficiently tender to admit the skin being taken off easily. When done, stew it in a moderately strong gravy, season it with soy, mushroom catsup, cayenne pepper, pounded cloves, and, if necessary, some salt. Serve it up with truffles, morels, and mushrooms.

If tongues are to be eaten cold, they must be seasoned with common salt and saltpetre, coarse sugar, a little bay salt, pepper, cloves, mace, and allspice finely powdered, and remain therein a fortnight, then remove the pickle, put the tongue into a small pan, and lay some butter on it, cover it with brown crust, and bake it slowly till the tongue may be penetrated with a straw. Observe that the thin part of tongues, if hung up to dry, will grate like hung beef, and give a good flavour to omelets. In this, as well as in the preceding article, it will be necessary to take off the roots of the tongues before salting them, leaving a little of the fat.

Roasted Tongue and Udder.

Let the tongue be well cleaned, and salted with common salt, and then saltpetre, after which, it must lie three days. Then boil it, with a fine young udder that has some fat adhering thereto. When tolerably tender, fasten the thick part of the one to the thin of the other, and roast the whole together. Serve up to table with good gravy and currant jelly sauce, first sticking into the udder several cloves.

Some persons prefer curing tongues with the root, which makes them look much larger, but the general practice is to cut the root off close to the gullet, leaving the fat under the tongue. Soak the root in salt and water, and clean it well before you dress it. Lay the tongue also in salt for a day and night, before it is pickled.

Tongue and Udder forced.

Parboil and blanch the tongue, stick it full of cloves, then wash the inside of the udder with the yolk of an egg, and put in some veal forcemeat, tie the ends close, and roast it with butter. When done, put good gravy into the dish, and serve with sweet sauce.

To dress Tongue to eat cold.

Season the tongue with common salt, bay salt, saltpetre, brown sugar, pepper, cloves, mace, and allspice, all powdered; at the end of a fortnight take it out of the pickle, and put it into a pan with some butter on it, cover it with a coarse paste, and let it bake till very tender.

To boil or bake a Tongue.

Parboil it, and then peel and split it in two, dip it in melted butter, roll it in bread crumbs, pepper, and salt, next bake or boil it slowly, and let it be well basted with butter. Take a little gravy, some minced parsley, pepper, and salt, lemon juice, and the yolks of two eggs well beaten, add these to the sauce, shake up the whole well, and on pouring it out, lay the tongue thereon. Garnish with fried slices of bacon.

Tongue in Disguise.

Boil and skin a fresh tongue, then cut it in slices, and simmer in water over a clear fire about a quarter of an hour, with a little butter, chopped parsley, a shalot, pepper, and salt, then take it off, and let it cool. Next make some forcemeat, with equal quantities of veal and beef suet, crumbs of bread soaked in cream or milk, pepper, salt, parsley, and thyme finely minced. Mix these ingredients with the yolks of three eggs, lay some of the forcemeat in the bottom of the dish, with the tongue on it, and the remainder on that. Smooth the whole in the form of the tongue, with a knife dipped in the yolks of eggs. Strew over it some crumbs of bread, and bake it in a Dutch oven, about three-quarters of an hour. When brown, take it out, pour off the fat, clean the dish, and make a sauce with veal gravy, salt, pepper, lemon juice, and a spoonful of anchovy.

Ragout of Tongue.

Remove the root from a fresh tongue, boil it in salt and water till the skin will come off readily, then return it to the pan, with a carrot, an onion, some shalot, pepper-corns, and thyme, cover the pan close, and let it stew till tender, take it out, slice it, dip each piece in the yolk of egg, flour and fry it till brown, then strain and thicken the sauce with a little flour, season with catsup, anchovy sauce, lemon juice, and a glass of white wine. Reduce this till it is rich, and on

serving up, lay the pieces of tongue so as to appear entire, and in proper shape. Garnish with pickles.

To roast a Tongue.

Parboil it in salt and water till it will peel easily, add thereto some whole pepper, an onion, carrot, a few cloves, and a little thyme. On taking out the tongue, lard it with bacon, then roast and baste it often until it is done. Serve it with gravy in the dish, and sweet sauce separately.

A Fricassee of Tongue.

Take a neat's tongue, remove the root, and boil it tender, then clear off the skin, and cut it in slices, fry them in butter, which must be poured off, and as much gravy substituted for it as will be needed for sauce. Garnish with lemon.

To fry a Tongue.

When boiled till tender, cut it in slices, and season them with nutmeg, cinnamon, and sugar. Beat up the yolk of an egg, with lemon juice, and rub it over the tongue. Heat some butter in the frying pan, and put the slices therein. When done, serve with melted butter, sugar, and white wine as sauce.

To roast a Bullock's Heart.

Clean it well, and cut off the deaf ears, then stuff it with forcemeat similar to that for a hare, lay a caul of veal or piece of paper over the top, to keep in the stuffing, and either roast it by a hanging jack, or in a cradle spit. A heart of good size will take two hours before a brisk fire. Baste it with red port, and when roasted, take out the gravy, skim off the fat, and add to it a glass of wine. Put some lumps of currant jelly into the dish, and also separately in a saucer. Serve the heart perfectly hot. This is commonly called mock hare.

Another way of Dressing a Bullock's Heart.

Stuff it as previously directed, and lard it all over with bits of bacon. Dust the heart with flour, cover it with paper, and send it to the oven. When done, put it into a hot dish, take off the fat, and strain the liquor through a sieve, put it into a saucepan, with one spoonful each of port wine, browning, and lemon pickle, half an ounce of morels, one anchovy cut small, and some mace well powdered, thicken it with flour and butter, pour it hot over the heart, and serve it up, garnished with barberries.

To bake a Bullock's Heart.

Make a stuffing of crumbs of bread, chopped suet, or a little butter, parsley, sweet marjoram, lemon peel grated, pep-

per, salt, and nutmeg, with the yolk of an egg. Stuff the heart, and send it to the oven. When done, serve it up as hot as possible, with gravy, melted butter, and currant jelly. A heart is better baked than roasted.

To dress Beef Palates.

Simmer them in water till they will readily peel, then cut them into slices, or leave them whole, and stew them with gravy till they are perfectly tender. Season them with cayenne, salt, and catsup and if the gravy drawn from them is clear, add that also, with butter rolled in flour. To serve the palates white, boil them in milk, and stew them in a fricassee sauce, with cream, butter, flour, mushroom powder, and pounded mace

To stew Palates

Put them into warm water, and let them remain half an hour, wash them clean, lay them in a pot, with water to cover them, tie over it brown paper, and send it to the oven. When tender, take out the palates, skin them, and cut them in pieces, put them into a stewpan, with one pint of veal gravy, a spoonful of white wine, as much catsup and browning, an onion stuck with cloves, and a slice of lemon. Stew for half an hour, take out the onion and lemon, thicken the sauce, serve with forcemeat balls, and boiled artichoke bottoms. Garnish with lemon

A ragout of the same.

Boil the palates tender, and cut them into long pieces, melt some butter, and stir it into the stewpan, with a spoonful of flour, add to it a quart of gravy, three shalots chopped fine, a glass of white wine, two or three slices of ham, and half a lemon. Boil them twenty minutes, strain the liquor through a sieve, put it into the pan, with the palates and forcemeat, truffles, morels, and mushrooms, stewed in gravy. Season the whole with pepper and salt, and toss it up for five minutes. Garnish with lemon or beet-root.

Beef Palates rolled.

Boil six palates, and on taking them out, peel and trim them well, brush the inside with egg, put a layer of forcemeat upon them, and egg it all over, after which sprinkle the same with pepper and salt. Roll the palates up tight, and fasten them with a string, put them into white gravy, and let them stew gently for about two hours. When wanted, take them up, glaze them, make a ragout of the trimmings, and a few egg balls, put the ragout into the dish first, and the palates on it. To make the ragout, shred the palates in small pieces, and put them into a stewpan, add thereto some coulis, and a glass of sherry, give it a boil, then squeeze in

a little lemon juice, with a few drops of shalot vinegar. Season it with cayenne.

Another way.

Wash and scald them well, and put them on with cold water, let them simmer till the skin will come off readily, then put them on again, with milk and water, and let them remain till quite tender. On taking them out, spread them between the folds of a towel, and lay a weight upon them to keep them flat. In the mean time make a forcemeat of veal; season and spread some on each palate, roll them up like a collar, and tie them with a string. Make a fricassee, and let the palates stew therein for a little while, and serve them up garnished with lemon.

Beef Palates as Cutlets.

They should be braised the same way as for being rolled; and when cold, cut them nearly of the shape of a lamb's cutlets, put some glaze into a pan, and when hot, throw in the palates. Let them stand over a slow fire to warm gently, and when nearly hot, turn them till done.

To fricassee Palates.

When boiled tender, blanch and scrape them clean, then take mace, nutmeg, cloves, and pepper, all finely powdered, and rub the palates therewith, adding thereto some bread crumbs. Melt some butter in a stewpan, and put in the palates; when brown, pour off the fat, and add some gravy for sauce, with an anchovy, nutmeg, butter rolled in flour, and lemon juice. Let it simmer for a quarter of an hour. Garnish with lemon.

To roast Palates.

Parboil and blanch them, cut them into slices, and lard one half with bacon. Draw one or two pigeons and chickens, truss them, fill them with forcemeat, lard half of them, and put them on a bird spit, in this order—a bird, a palate, a sage leaf, and piece of bacon. Parboil and blanch some cock's combs and lamb stones, lard them with bacon, and oysters that have been also parboiled. Put these on a skewer, with a piece of bacon, and a sage leaf between each. Tie them on a spit, and roast them, then beat up the yolks of three eggs, some nutmeg, salt, and crumbs of bread. Baste the roast with this mixture all the time it is at the fire; then take two sweetbreads each cut in two, some artichoke bottoms cut in four, and fried, and having rubbed the dish with shalot, lay the birds in the middle, one on another, and the other articles round the dish. For sauce, take a pint of good gravy, a quarter of a pint of red wine, one anchovy, the oyster liquor, and a piece of butter rolled in flour. Boil all together, and pour it into the dish.

Beef Collops.

Chop and mince some raw meat very fine, and season it with salt and pepper. Put this into small jars, and pour thereon some clarified butter. When intended for use, put the butter into a pan, with some sliced onions, and fry them. Add a little water, and then lay in the minced meat, which must be well stewed.

To dress Beef Kidneys.

These are exceedingly strong, yet as some persons have stomachs to digest them, it may be proper to notice the best way of dressing them. Cut the kidneys, after cleaning them well, into thin slices, and put them into a frying-pan, with a little butter, salt, pepper, parsley, onions, and a clove of garlic, shredded fine. When done, take them off, or otherwise they will be tough. Add to them a few drops of vinegar, and some gravy.

Hotch-potch of Ox-tail.

Cut a tail by the joints, and clean it well, cover the bottom of a saucepan with the parings of butchers' meat, and put in the tail, adding onions, carrots, a bunch of sweet herbs, a bay leaf, a clove of garlic, thyme, basil, and two cloves. Moisten the whole well, but do not cover the meat with soup, lay on some slices of bacon, make it boil, cover it with paper, and put it upon a moderate fire. Let it simmer four or five hours, and when done enough, it will come off the bone. Drain, and serve it up with a ragout of roots, and butter.

To dress cold Roast Veal white

Cut the meat into pieces, dip them in the yolk of egg, and next in bread crumbs, season with white pepper and salt, and then fry them brown. While this is doing, put the bones and skinny pieces over the fire with a little water, a few pepper corns, and a little thyme. Let them simmer till the gravy is extracted; after straining which, mix half a pint of it with as much cream, and add thereto a couple of spoonsful of flour, previously blended with some cold cream, an onion, and a few cloves stuck in it. Boil the whole till smooth and thick, then beat up the yolks of two eggs, a little salt, and pounded mace or grated nutmeg. Stir all together, but do not let it boil after the egg is put in. Lay the meat in the dish, and pour the sauce over it; garnish with lemon. Cold fowls may be done in the same way.

Loin of Veal à la Creme.

Take the best end of a loin, joint it, and cut a little of the suet from the kidney, make it lie flat, and cut a place in the middle of the upper part, about three inches deep, and six

inches long. Take out the piece, chop it, add to it some beef-suet, or marrow, parsley, thyme, green truffles, mushrooms, shalots, and lemon peel. Chop all these fine, and season with pepper, salt, and beaten allspice. Pound the whole in a mortar, with the yolks of two eggs, and a little French bread soaked in cream. Fill the cavity in the joint with the forcemeat, and cover it with a piece of caul, after which, tie it close, and roast it gently. When done, take off the caul, to give the meat a brown colour, glaze it lightly, and serve it with white sauce.

Tendons of Veal.

Take a breast of veal, cut out the tendons which lie round the front, from the red bones, and divide them into pieces, soak and blanch them; cover a stewpan with slices of lard, and some parings of veal, put in the tendons, and season with a bunch of sweet herbs, some slices of lemon, three or four carrots, and the same quantity of onions, moisten with stock, make it boil, then let it simmer two or three hours. Before taking them up, try them with the point of a knife, and if it enters easily, they are done enough. You may add to the liquor a pint of green peas, and some lettuce, stewing the whole well.

Another way.

Half roast the breast, then draw it on a dish, cut it about two inches and a half deep down the thick part, after which, divide it into nine or ten pieces, but pare off all the brown. Put the gravy that runs from it, with half a pint of white stock, into a stewpan, and add thereto a slice of lemon, a glass of white wine, a little cayenne and salt, and a blade of mace. Let it stew half an hour, then take out the tendons, and having strained off the gravy, put it in again, with half a pint of cream, and thicken with flour and butter, then return the tendons again for five minutes, shake them well, and serve them up.

Veal Rolls.

Take as many slices of meat as will be necessary to fill the dish, lay on them some forcemeat made thus:—Veal well pounded, marrow, one anchovy, the yolk of an egg boiled hard, a few mushrooms, some oysters, a little thyme, parsley, lemon peel, salt, pepper, and beaten mace. Having formed and fastened the rolls, put them on a bird spit, rub them over with yolk of egg, flour, and baste them with butter. Serve them with good gravy, truffles and morels, or mushrooms.

Veal Cake.

Boil hard six or eight eggs, cut the yolks in two, and lay some of the pieces at the bottom of a pot, add thereto some chopped parsley, then lay thereon slices of veal and ham, add

more egg, and then shake in another layer of parsley, with pepper and salt, and so on alternately till the pot is nearly full. Then put in water enough to cover it, and lay thereon about an ounce of butter, tie it over with paper, and bake it about an hour. When cold, it may be put into a mould.

Veal Sausages.

Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar, and when used, roll and fry it. Serve it with fried sippets, or on stewed vegetables, or on white collops.

To fricassee Sweetbreads brown.

Scald and cut them in slices, beat up the yolk of an egg, and put to it some pepper, salt, and nutmeg, dip into this mixture the sweetbreads, and fry them of a delicate brown. Thicken some good gravy with flour, boil it well, and add thereto catsup or mushroom powder, lemon juice and cayenne pepper. Stew the sweetbreads in this about five minutes, put the whole into a dish, and serve it up, garnished with lemon. To do them white, thicken some veal gravy with butter rolled in flour, a little cream, grated lemon peel, and nutmeg, white pepper, salt, and mushroom powder. After stewing these about ten minutes, put in the sweetbreads, shake the pan, and let it simmer, squeeze in some lemon juice, pour the whole into a dish, and serve it up.

To roast Sweetbreads.

Scald them in water and milk, and when half done, take them out, and wipe them dry. Rub them over with yolk of egg, and roll them in bread crumbs grated fine. Roast them in a Dutch oven till they are nicely browned. Serve them up with fried bread crumbs, and melted butter in a tureen.

A Ragout of Sweetbreads.

Rub them with the yolk of an egg, strew over them crumbs of bread, parsley, thyme, and sweet marjoram shredded small, pepper and salt; make a roll of forcemeat resembling a sweetbread, put it into a veal caul, and roast the whole in a Dutch oven, then take brown gravy, lemon pickle, mushroom catsup, and the end of a lemon, boil this mixture, and when the sweetbreads are done, lay them in a dish, with forcemeat in the middle, and the gravy round all. Take out the lemon when the gravy is poured into the dish.

To force Sweetbreads.

Put three sweetbreads into boiling water for five minutes, beat up the yolk of an egg, and rub it over them with a feather, strew thereon some crumbs of bread, lemon peel, and parsley

shredded fine, nutmeg, salt, and pepper. Brown them before the fire, then add a little veal gravy, mushroom powder, caper pickle, or lemon juice, and some browning. Thicken this with flour and butter, boil it a little, and pour it into the dish, place therein the sweetbreads, lay over them lemon peel cut in rings, and garnish with pickles.

Sweetbreads à la Daube.

Put three large sweetbreads into boiling water five minutes, and when cold, lard them down the middle with a row of small bits of bacon, then a row of lemon peel, and next one of pickled cucumbers cut very fine. Lay them in a tossing pan, with veal gravy, lemon juice, and a spoonful of browning, and stew them gently for a quarter of an hour. Before they are ready, thicken with flour and butter, dish them up, pour the gravy over them, lay boiled celery or oyster patties round them, and garnish with stewed spinach and green parsley, to which may be added a few barberries.

Sweetbreads en Jardinier.

Parboil three sweetbreads, and lay them in a stewpan; upon a row of bacon, or ham and veal, with the upper side reversed, then another layer of veal, and bacon or ham, a pint of gravy, and two blades of mace. Let them stew gently three-quarters of an hour, then take out the sweetbreads, strain off the gravy, and skim it clean. Next beat up four yolks of eggs, lay two in a plate, with another over it, set them in a slow oven; after this, put into another plate a little juice of spinach, and the other two eggs, and put that also into the oven. When done, cut the spinach into form, and lay it over the sweetbreads. Roll some butter in flour to thicken the gravy, and two yolks of eggs beaten up in a gill of cream, heat the whole over a fire, and when thick and smooth, put it under the sweetbreads, and send them to table as hot as possible.

Sweetbreads à la Dauphine.

Open three large sweetbreads, and stuff them with force-meat. Having skinned a young fowl and cleared it of the flesh, take half a pound of bacon cut small, and beat the whole in a mortar. Season the meat with anchovy, nutmeg, lemon peel, thyme, and parsley. Mix the whole together with the yolks of two eggs, fill the sweetbreads, and skewer them together. Lay slices of bacon at the bottom of a stewpan, season them with pepper, salt, mace, cloves, sweet herbs, and a large onion sliced. Lay upon these, slices of veal cut thin, and the sweetbreads over them. Cover all up close for eight or ten minutes, then pour in a quart of boiling water, and stew gently two hours. Take out the sweetbreads, strain

off the gravy, skim it clean, and then boil it till reduced to half a pint. Return the sweetbreads to the pan, and stew them two or three minutes, lay them in a dish, and pour the gravy over them. Garnish with lemon, and serve them hot.

To dress a Calf's Pluck.

Roast a calf's heart, stuffed with suet, sweet herbs, bread crumbs, pepper, salt, nutmeg, and lemon peel, mixed with the yolk of egg. Boil the lights and part of the liver, then chop them small, put them into a saucepan, with butter rolled in flour, pepper, salt, and lemon juice. Fry the rest of the liver with slices of bacon, lay the mince in a dish, the heart in the middle, and the fried liver and bacon round it, with crisped parsley. Serve with melted butter.

To roast a Calf's Heart.

Make a forcemeat of grated bread, a quarter of a pound of beef-suet chopped small, a little parsley, sweet marjoram, and lemon peel, mixed with a little white pepper, salt, and nutmeg, and the yolk of an egg. Stuff the heart, and lay a caul over it, or a sheet of writing paper. When roasted, serve it with gravy.

A Dish called Love in Disguise.

Clean and stuff a calf's heart, cover it an inch thick with forcemeat, roll it in vermicelli, put it into a dish with a little water, and bake it. When done, serve it in its own gravy.

To dress a Calf's Kidneys.

Chop them, together with some of the fat, and season the same with a little onion, pepper, and salt. Divide and roll the whole up tight, with an egg, into balls, and fry them.

To dress a Calf's Liver.

Slice it, season with pepper and salt, and boil it, then rub over it a little cold butter, and serve it hot.—To roast the liver, wash and clean it thoroughly, then make an incision in it, and stuff it with bread crumbs, chopped anchovy, herbs, fat bacon, onion, salt, pepper, a little butter, and an egg. Fasten this tight, and lard it, or wrap the liver in a veal caul, and roast it. Serve with brown gravy and currant jelly.

To fry a Calf's Liver and Bacon.

Cut the liver into thin slices, and fry them till nicely browned. Next do the same with thin slices of bacon, lay them upon the liver, and serve the dish up, with a little gravy and crisped parsley.

To dress a Calf's Liver and Lights.

Parboil and cut them into proper pieces for mincing, put

to them a spoonful or two of the water in which they were done, with a little butter, flour, salt, and pepper. Simmer the whole ten minutes, and serve the dish hot.

To dress the Lights separately.

Cut them into large squares, clean them, and, when perfectly washed from blood, put them over the fire to boil, next remove them to another pan in which is some butter. Do them without browning, and dredge thereon a little flour, with the addition of some gravy; stir the whole continually; season with pepper, salt, parsley, a bay leaf, a clove, and some garlic. Boil the whole over a brisk fire, keep it shaking; and when three parts done, put in small onions and mushrooms. Thicken the sauce with the yolks of two eggs, chopped parsley, and a little lemon juice.

To dress Calf's Brains.

Wash the brains of three calves, take off the skin without breaking them, let them soak in water, cleanse and pick out what fibres may remain; have ready a stewpan with boiling water, salt, and a glass of white wine vinegar, put in the brains, and let them lie a quarter of an hour. Cover a stewpan with slices of bacon, and put the brains thereon, moisten them with a glass of white wine, and double the quantity of stock, add a bunch of parsley, some young onions, and slices of lemon, but without peel or seeds. Cover the whole with bacon, and pepper over all. When done, serve with Italian sauce.

Another way.

Divide the brains into four parts, soak them in broth and white wine, with the addition of two slices of lemon, some pepper and salt, thyme, cloves, parsley, and shalot. At the end of half an hour, take the brains out, and lay them in a batter made of white wine, oil, and salt, and fry them. Strew over them bread crumbs, mixed with the yolks of eggs. Serve with plain melted butter, and garnish with parsley.

To fricassee Calf's Feet.

Boil them, take out the bones, cut the meat in thin slices and put them into a tossing pan, with half a pint of gravy. When they have boiled a little, add a few morels, a teaspoonful of lemon pickle, some mushroom powder, or pickled mushrooms, and the yolks of four hard eggs. Thicken with butter and flour, mix the yolk of an egg with a little cream and half a nutmeg grated, put it in, and shake it over the fire, but without boiling. Garnish with lemon and parsley.

A Ragout of Calf's Feet.

Boil and bone them, then cut the meat into slices, brown them in a frying pan, put thereto some good beef gravy, with morels, truffles, pickled mushrooms, the yolks of four eggs boiled hard, salt, and butter rolled in flour.

To dress Calf's Ears.

Having stewed them tender and white, make a forcemeat of minced veal and ham, two hard eggs, a few bread crumbs, and a little chopped parsley, pepper, and salt. Pound the whole in a mortar, and then form it into a paste, with a raw egg. Stuff the ears with this, and glaze over them some yolk of egg, roll them in bread crumbs, lay some butter over them, and bake them till they are nicely browned. Garnish with fried parsley.

To dress a Midcalf.

Stuff a calf's heart with forcemeat, and bake it with a little water in the dish, lay some butter over it, and dredge it with flour; next boil half the liver and all the lights for half an hour, then chop them small, and put them in a tossing pan, with a pint of gravy, a spoonful of lemon pickle, and the same of catsup, squeeze in half a lemon, and add also some pepper and salt, thicken the whole with a lump of butter rolled in flour, and when you dish it up, lay the minced meat at the bottom, and have ready fried the other half of the liver cut in slices, with some pieces of bacon; set the heart in the middle; lay the liver and bacon over the minced meat, and serve it up.

To dress a Chine or Saddle of Mutton.

Remove the skin near the rump, but without breaking or taking it quite off. Take some lean ham, truffles, morels, green onions, parsley, thyme, and sweet herbs, all chopped fine, with spice, pepper, and salt. Strew these over that part where the skin has been taken off, then replace the latter neatly, and cover it with buttered paper. Put the joint before the fire, and when nearly done, take off the paper, and strew over the mutton some grated bread. Let it become brown, and take it up. Serve with plain gravy.

A Chinese Chilo.

Mince some undressed neck of mutton, and add fat to it, with a couple of onions, a lettuce, one pint of green peas, salt, pepper, four spoonsful of water, and some clarified butter. Put the whole into a stewpan closely covered, simmer two hours, and serve it in a dish of boiled dry rice. Cayenne pepper may be added.

A Persian Pilaw.

Cut into slices six or seven pounds of mutton, and boil it with one or two fowls, then take the whole of the meat and broth out of the saucepan, and at the bottom of it put some butter, upon which, when warm, a layer of rice about an inch thick is to be added. Next throw in, shelled and skinned, chesnuts, peeled almonds cut in two, small raisins or currants, cloves, cinnamon, and cardamoms. The meat is then to be placed upon this mixture, and the saucepan filled up with rice, over which the broth is poured, until the whole is quite covered. A quarter of an hour is sufficient to boil the rice, by which time it will be dry, and have absorbed the broth. Then butter is melted, and put over the rice. After this, the saucepan must be well covered under the lid with a cloth dipped in hot water, that the rice may be kept moist. It is then left to soak until served up.

A Turkish Pilaw.

Cut up a neck or leg of mutton in thin slices, wash them in vinegar, and put them into a covered saucepan; put in with them some rice, whole pepper, and three onions; stew these, and skim frequently. When done, take out the onion, and season with salt. Lay the mutton in a dish, and pour the liquor over it.

A Pepper Pot.

To three quarts of water, put such vegetables as are in season; in summer, peas, lettuce, spinach, and two or three onions; in winter, carrots, turnips, onions, and celery. Cut them small, and stew them with two pounds of a neck of mutton, or a fowl, and a pound of pickled pork, in three quarts of water, till they are tender. While boiling, skim the surface, and half an hour before serving, clear a lobster or crab from the shell, and put the meat into the stew; to which some add small suet dumplings. Season with salt and cayenne. A little rice should be boiled with the stew.

An Oxford John

With the derivation of this name we are not acquainted, but suppose that the inventor of the dish was a professor of cookery in that famous seat of learning which has given celebrity to the following recipe:—Cut thin collops from a leg of mutton, and take out all the sinews and fat. Season with pepper, salt, and mace, dried parsley, thyme, and two or three shalots. Put a lump of butter into a stewpan, and when hot, lay the collops thereto, stirring them with a wooden spoon till three parts done, after which, add half a pint of gravy, some lemon juice, and flour and butter for thickening. Simmer these four

or five minutes, and then put them into a dish, with the gravy, and fried bread cut in the form of dice. Garnish with pickles.

A Scotch Haggis.

Blanch and chop fine the heart and lights of a calf or sheep, to which add a pound of beef-suet well shredded. Take the crumb of a French roll soaked in cream, beaten cinnamon, cloves, and nutmeg, half a pint of sweet wine, one pound of raisins stoned and chopped, and flour to give the whole a proper consistence, the yolks of three eggs, salt, and some sheep's chitterlings, cut in slips. Having mixed all these, put them into a sheep's bag or stomach well cleaned, tie it up tight, and let it boil three hours.

Another way.

Make the bag properly clean, parboil the draught, boil the liver well so that it may grate, dry oatmeal before the fire, mince the draught and a pretty large piece of beef very small grate about half the liver, mince plenty of suet and some onions small, and mix the whole well together, with a handful or two of the dried meal. Spread them out a little, and season them properly with salt and different spices; take any of the scraps that may be left, and some of the water in which the draught was boiled, and make about a quart or good stock of it. Then put all the haggis meat into the bag, together with the broth. Sew it up, taking care that the wind is previously expelled. If the bag is thin, put it into a cloth. A large haggis will take two hours at least.

An Irish Stew.

Take five thick mutton chops, or two pounds of the neck or loin, four pounds of potatoes peeled and cut in two, and half a pound of onions peeled and sliced. Put a layer of potatoes at the bottom of the stewpan, then two chops, and some of the onions, then a layer of potatoes, and so on till the pan is full. Add thereto a small spoonful of white pepper, about one and a half of salt, and three gills of broth or gravy, cover the whole close, and stew two hours on a slow fire. A small slice of ham will be a very savoury addition. Take care that it neither burns, nor boils fast.

Another Irish Stew, commonly called Hunter's Pie.

Cut a neck of mutton into chops, season, and lay them in a stewpan for half an hour, then having made a mash of two dozen of potatoes, put it with the mutton into a buttered dish, and send it to the oven for half an hour. On taking it out, pour in some good gravy, and serve it hot.

A Hotch Potch of Mutton.

Stew green peas, lettuce, and onions in a little water, with a bone of beef. While these are doing, fry some mutton or lamb steaks seasoned, and three-quarters of an hour before dinner, put the steaks into a pan, with the vegetables over them, stew the whole, and serve all together in a tureen. A knuckle of veal or scrag of mutton may be done in the same way, adding some butter rolled in flour.

To dress Mutton Rumps and Kidneys.

Bone four rumps, fill them with forcemeat, and put them into a stewpan, with about half a pint of the best stock. Split six kidneys, and put them in another pan, covered with bacon. Set them on a slow fire to simmer gently for about two hours. When done, take up the rumps, glaze them, put the kidneys into another pan, strain the liquor in which they were done, skim off the fat, and reduce it to a glaze, then add some coulis, make it hot, squeeze a lemon into it, and put in a little cayenne. Pour this into the dish over the kidneys, and place the rumps in the middle. Garnish with paste.

Another way.

Stew six rumps in mutton gravy half an hour, then take them up, and set them to cool. Skim off the fat from the gravy, and put to it four ounces of boiled rice, an onion stuck with cloves, and a blade of mace. Boil the whole till the rice is thick. Wash the rumps with the yolks of eggs well beaten, and strew over them some bread crumbs, pepper and salt, chopped parsley, thyme, and grated lemon peel. Fry them in butter till brown. While the rumps are stewing, lard the kidneys, and set them in a Dutch oven before the fire to roast. When the rumps are done, drain off the grease before putting them in the dish, and the pan being cleaned, warm the rice up in it. Then lay it on the dish, the rumps round it, and the kidneys between. Garnish with hard eggs cut in two, or with variegated pickles.

Rumps à la Braise.

Boil six rumps a quarter of an hour, then take them out, and cut each in two, put them into a stewpan, with half a pint of gravy, a glass of white wine, an onion stuck with cloves, a little salt, and some cayenne. Cover them close, and stew till tender. Take them and the onion out, and thicken the gravy with butter rolled in flour, a spoonful of browning, and the juice of half a lemon. Boil it up till smooth, but let it not be too thick. Put in the rumps, give them a shake or two, and dish them up hot. Garnish with

horse-radish and beet-root. By way of change, the rumps may be left whole, and six kidneys larded on one side, done the same as the former, only not boiled. In this case, lay the rumps in the middle, and the kidneys round them, with the sauce over all.

To dress Sheep's Trotters.

First boil, and then put them into a stewpan, with a glass of white wine, half a pint of broth, as much coulis, some sweet herbs, salt, whole pepper, and mace. Stew them on a slow fire till the sauce is reduced, then take out the herbs, and serve them with or without a ragout of cucumbers.

Baked Sheep's Tongues.

Boil them till nearly done, then peel them, and roll them in the yolk of egg, after which, strew them over with bread crumbs. Then put them into an oven, taking care to baste them with butter till they are brown. Reduce the liquor they were stewed in to half a pint, add thereto a little cream, and some butter rolled in flour. Boil all together for a few minutes, season with mace and salt, beat up the yolks of two eggs, and add this to the rest, warm up the whole, but without boiling. Dish the tongues, and pour the sauce over them. Garnish with sliced lemon.

A Sheep's Tongue grilled.

Boil it and take off the skin, then split, and steep it in fat or oil, with shredded parsley, scallions, champignons, garlic, pepper, and salt, next cover it with grated bread, put it on a gridiron, and when done, serve it with sharp sauce.

To stew Sheep's Brains.

Wash them well, and boil them in two waters, stew twelve small onions, with a rasher of bacon, a bunch of parsley and scallions, two cloves, a little basil, a gill of white wine, some thin slices of ham, a little salt, and white pepper; when done, strain off the sauce, and serve up the brains, putting the onions and bacon, with crumbs of bread, round the dish, add an anchovy cut fine, and a few whole capers, to the sauce, and throw it over the brains.

Sheep's Tongues with Onions.

Boil and skin them, then peel some small onions, put a piece of butter into a stewpan, fry the onions a little, with some shalot minced small, dust thereon a little flour, add about a pint of soup, a spoonful of catsup, and a glass of white wine. Season with some beaten mace and salt, put in the tongues, and let them stew for half an hour. In serving, place the tongues in the middle, and the onions round them, garnished with beet-root and green pickles.

Sheep's Tongues in Paste.

Boil them tender, then peel, and divide them into long slices, make some forcemeat, put a little round each, and roll them up in fine paste. Fry them in dripping till brown, drain them off, and garnish with fried bread

To Ragout a Fore-quarter of Lamb.

Take off the knuckle-bone, and remove all the skin. Lard well with bacon, and fry it brown. Put it into a stewpan, and cover it with gravy, sweet herbs, pepper, salt, beaten mace, and a little whole pepper. Cover the pan close, and let it stew half an hour. Strain off the gravy, into which, after clearing it of the fat, put half a pint of fried oysters, with two spoonsful of red wine, a few mushrooms, and some butter rolled in flour. Boil all together, with the juice of half a lemon. Lay the lamb in the dish, pour the sauce over it, and send it to table.

To dress Lambs' Sweetbreads.

Blanch, and then put them into cold water. Next lay them in a stewpan, with some broth, pepper and salt, small onions, and a blade of mace, stir in a bit of butter and flour, and stew the whole half an hour. Beat up two or three eggs in cream, with some minced parsley, and a little grated nutmeg. Put thereto some boiled asparagus tops. Make it hot, and stir it, but do not let it boil. Young fresh beans or peas may be added.

A Fricassee of Lamb Stones.

Skin, wash, and dry them, then flour, and fry them brown in lard. Lay them on a sieve before the fire, while you prepare the sauce as follows:—Thicken about half a pint of veal gravy with flour and butter, add thereto a slice of lemon, a spoonful of mushroom catsup, a tea-spoonful of lemon pickle, some nutmeg grated, and the yolk of an egg beaten up in two large spoonsful of thick cream. Stir this over the fire till hot, and white, but without letting it boil, then put the fry into it, and shake it near the fire one or two minutes. Serve in a hot dish covered.

The same with Sweetbreads.

Blanch, parboil, and slice the lamb stones, flour two or three sweetbreads, and if thick, cut them in two. Fry them all together in butter, with some oysters, till brown. Pour off the butter, and add a pint of gravy, some asparagus tops, a little nutmeg, pepper and salt, two shalots chopped fine, and a glass of white wine, let them simmer ten minutes, and then put a little of the gravy to the yolks of three eggs well

beaten, and gradually mix the whole. Return the gravy to the pan, and stir it to a proper thickness. Garnish with sliced lemon.

To dress Lamb's Bits.

Skin and split them, lay them on a dry cloth, with the sweetbreads and liver, and dredge them with flour. Fry them in lard or butter till brown, and then lay them on a sieve to dry. Fry a good quantity of parsley, lay the bits in the dish, and the herbs round them, with melted butter.

Marrow Bones.

Scrape all the meat from the shoulder or leg bones, saw them across, and trim the ends, so that they may stand upon the dish, lay a piece of paste, made of flour and water, over the top of each bone, to keep in the marrow, tie them up in a cloth, and set them on the fire to boil. Send dry toast up with the bones.

To roast a Collared Neck of Pork.

Bone the meat, then strew the inside with bread crumbs, chopped sage, a little beaten allspice, pepper, and salt, all mixed together. Roll it up, bind it tight, and roast it gently. It will take an hour and a half, or a little more, according to the thickness. A loin, with the fat and kidney taken out, and boned, and a spring of pork, may be dressed in the same way.

Pig's Harslet.

Wash and dry some liver and sweetbreads, then beat some fat and lean pieces of pork till the meat is tender. Season with salt, pepper, sage, and onion, and when thoroughly incorporated, put the whole into a caul, and fasten it tight. Roast it by a hanging jack or string. For sauce, boil some port wine, water, and mustard, and put it into the dish.

Jelly of Pig's Feet and Ears.

Having cleaned the feet and ears, boil them in a very little water till they are so tender that the bones will come out easily. Season with chopped sage, parsley, pepper, salt, and mace. Simmer till the herbs are scalded, and then pour off the whole into a dish.

To dress Pig's Pettitoes.

These are the feet, liver, lights, and heart of a young sucking pig. Put them into a saucepan, with half a pint of water, a blade of mace, a little whole pepper and salt, an onion, and a bundle of sweet herbs. Let them boil for about ten minutes, then take out the meat, and mince it small, grate a little nutmeg over it, but let the feet remain till tender, after which, strain off the liquor, put all together, and return them to the pan, with a piece of butter rolled in

flour, salt, and lemon juice, shake the pan often, let it simmer five or six minutes, toast a slice of bread, and cut it into sippets, dish the minced meat in the middle, split the feet, and lay them round, garnish with the sippets, and serve the whole up hot.

To force Hog's Ears.

Parboil them, or take some that have been soused, make a forcemeat of an anchovy, sage, parsley, a quarter of a pound of suet chopped, bread crumbs, pepper, and a little salt. Mix these with the yolks of two eggs, raise the skin of the upper side of the ears, and stuff them. Fry them in fresh butter till they are of a fine colour, then pour off the fat, and drain them. Make half a pint of rich gravy, with a glass of fine sherry, three tea-spoonsful of made mustard, a little flour and butter, a small onion whole, and some pepper or cayenne. Put this with the ears into a stewpan, and cover it close, stew it gently half an hour, shaking the pan often. When done, take out the onion, place the ears in a dish, and pour the sauce over them.

To dress Pig's Feet and Ears.

Clean and scald the feet and ears, divide the first down the middle, tie them together, put them into a saucepan with water enough to cover them; when they boil, skim them clean, add some pepper, mace, allspice, salt, two or three onions, and a little thyme. Stew them till tender, and set them by. The next day clear them from fat, untie the feet, and shake them a little over the fire, with a little of the liquor they were boiled in, some chopped parsley and shalots, and a little lemon juice. Then rub the feet over with yolk of egg and bread crumbs, and brown them with a salamander. Slice the ears into long slips, stew them a few minutes in gravy, and serve them up with the feet upon them.

Another way.

Clean them carefully, soak them some hours, and boil them tender, then take them out, boil some vinegar and salt with the water, and when cold, put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears; fry, and serve them with butter, mustard, and vinegar. They may be either done in butter, or simply floured.

To boil Tripe.

Cut the tripe in pieces about four inches square, then peel as many onions as will be necessary, and boil all together in water and milk, with a little salt. When tender, take up the tripe and onions, and serve them in a tureen. The more the onions are boiled, the milder they will prove.

To fricassee Tripe.

Cut it into small pieces, put them into a stewpan, with as much white wine as will cover them, white pepper, shredded ginger, a blade of mace, some sweet herbs, and an onion. Stew the whole a quarter of an hour, then take out the herbs and onion, and put in a little parsley, lemon juice, half an anchovy cut small, a glass of cream, and either the yolk of an egg, or a piece of butter. Garnish the dish with lemon.

To fry Tripe in Batter.

Having cut the tripe as before, dip the pieces in light batter, and fry them in boiling lard till lightly browned. Or rub the tripe with yolks of eggs, strew over it bread crumbs, with chopped parsley, and then fry it. Serve with fried onion.

Another way.

Make a thick batter, and dip the pieces of tripe into it, then take them out, and put them, one at a time, into some boiling hot dripping or lard, fry them of a nice brown, and set them to drain. In the mean time, fry some dried parsley, lay it in the middle of a dish, and the tripe round it.

Soused Tripe.

Half boil the tripe, put it into salt and water, which must be frequently changed, and when you dress it, dip it into a batter made of flour and eggs, and fry it brown.

Tripe à la Kilkenny.

Cut some double tripe into square pieces, peel eight or ten Spanish onions, cut them in two, and boil them. When tender, put in the tripe, and boil it ten minutes. Pour off most of the liquor, throw in some flour to the rest, and add a little butter, salt, and mustard. Shake it over the fire till the butter is melted, and serve. Garnish with lemon.

Fricandeau of Tripe.

Take some white tripe, and cut it in long slips, make some forcemeat of veal, well pounded, and seasoned with white pepper, salt, and nutmeg, add a little of the fat of the veal, and work the whole together with a raw egg. Spread a little of the egg over the inside of the tripe, and lay some of the forcemeat on each piece. Then roll, and tie it up. Lard the pieces thoroughly, glaze them with egg, and dredge over them a little flour. Fry them in dripping, or do them in a Dutch oven before the fire. Serve them up with crisped parsley. The tripe must be boiled very tender.

To make Omelets.

The great merit of an omelet consists in its being free from grease, and that it is neither burnt nor over-done. There must not be too much of the whites, and the fire should not be fierce. If the omelet is very thin, it will be unsavoury, and eat like a piece of leather, care therefore must be taken to get it of a proper thickness. The materials for flavouring are parsley, onions, chives, or shalots, but one of the best is a compound of tarragon, chervil, and parsley, with onion or chives at pleasure. Veal kidney is one of the most delicate meats to be employed in the composition. It should be previously boiled, and then cut in squares like dice. Ham and anchovies, or tongue, will also highly enrich an omelet. An addition of two spoonsful of mashed potatoes, to an omelet of six eggs, will lighten, and improve it very much. The practice of serving an omelet in the midst of gravy, is not to be commended, for this reason, that instead of eating dry and crisp, it becomes flat and sodden. The gravy, therefore, should be sent up separately, and in the composition, care must be taken that the flavour does not predominate over the principal article. A fine gravy with sweet herbs and onions is the best, to which may be added a very little tarragon vinegar. Gravies for omelets should never be thickened with flour, but with potato starch, or arrow-root. Omelets are to be dressed in a small frying-pan, with a little butter. Use only half the number of whites that there are yolks, and observe as much care in the process as in poaching eggs.

A common Omelet.

Beat up a batter with six eggs, a very little flour, and some milk, add a good deal of chopped parsley, a shalot finely minced, some long pepper powdered, grated nutmeg, and salt. Warm some clarified butter in a frying-pan, pour in the batter, and when the under-side is finely browned, turn it, and do the same with the other. Some put in a little lean ham, or tongue scraped, but this is not to be done on fasting days, to which this dish is adapted. If the omelet is not easy to be turned, brown the upper side with a hot iron. Garnish with sprigs of parsley.

Another way.

Beat up eight eggs, season them with pepper and salt, a shalot cut small, and some chopped parsley. Put into a frying-pan a quarter of a pound of butter, and when it boils, add the eggs thereto, stirring them over a clear fire till the omelet is thick. When browned on the under side, pass a hot iron or salamander over the upper, and serve it up, with veal gravy in a tureen.

A Sweet Omelet.

Mix the yolks of ten eggs with a gill of cream, a quarter of a pound of oiled butter, and a little syrup of nutmeg. Sweeten the whole with lump sugar pounded, and put it into a frying-pan. Do it the same way as the former, and serve it hot, with sifted sugar over it.

A Friar's Omelet.

Boil twelve large apples, stir therein a quarter of a pound of butter, and some pounded sugar. When cold, add four beaten eggs. Take a deep baking dish, butter the bottom and sides well, strew crumbs of bread in such a manner that they may stick all over the bottom, then put in the apple and egg, and throw plenty of crumbs over the whole. When baked, turn it into another dish, and serve with grated sugar over it.

To Poach Eggs.

The best eggs for poaching are such as have been laid two days, for new ones are too milky, and old ones are strong. A poached egg, to look well, should exhibit the yolk through the white. Boil some water in a tea-kettle, then pass as much of it through a clean cloth as will half fill a stewpan, break each egg into a cup, and when the water boils, take off the pan, and gently dip the egg into it, letting it stay till the white is set, then put it over a moderate fire, and as soon as the water boils again, the egg is done. Take it up with a slice, round off the edges of the white, send up the egg on a toast, with or without butter, or, if without a toast, garnished with streaked bacon well fried, or slices of broiled beef or mutton. The bread should be somewhat larger than the egg, about a quarter of an inch in thickness, and barely toasted of a yellow brown. If it is done too much, moisten it by pouring on it a little hot water, but some cooks sprinkle it with vinegar, or essence of anchovy.

A simple way of Poaching Eggs.

Mix a little salt and vinegar with water, and when it boils, take it off, break in the eggs, and cover the pan. They will be done in three minutes, and when ready, must be taken out with a slice. Then cut off the ragged edges of the whites, lay them on toasted bread, and serve, if agreeable, with piquant sauce.

Eggs Poached with Sauce of Ham.

Poach eggs as before directed, then take two or three slices of boiled ham, mince these fine, with a gherkin, a little onion, some parsley, pepper, and salt. Stew the whole fifteen minutes, serve up the sauce when it half boils, put the eggs

into a dish, squeeze over them the juice of half a Seville orange or lemon, and pour the sauce upon them.

To fricasee Eggs.

Boil four or five eggs, cut them in lengths, and mix the yolk, with a little chopped parsley, pepper, salt, scraped onion, and a small quantity of butter. Keep the whites in warm water till the rest is dished up, then take them out, and fill the hollow part with the mixture. Lay the eggs flat in the dish, and pour over them some white sauce.

Fried Eggs and Bacon.

Take some fine streaked bacon, rather more lean than fat, cut it into thin slices, and next into small square pieces. Throw them into a stewpan, and set it over a good fire. When the fat is drawn from the slices of bacon, lay them on a warm dish, then put into a stewpan a ladleful of melted bacon fat or lard, set it on a stove, add thereto about twelve of the pieces of meat, then incline the pan, and break in an egg. If this is properly done, the yolk of the egg will be whole, and soon done. Care must be taken that the yolks do not harden. Lay each egg carefully in a warm dish, and do the same with the rest.

To boil Eggs to eat in the Shell, or for Salads.

Choose the freshest eggs you can get, put them into boiling water, and if the white is to be just set, about two minutes will be sufficient, but new-laid eggs will take a little longer time. If you wish the yolk to be fully set, the egg will take three minutes. Tin vessels for boiling eggs are sold by the ironmongers, and they are very convenient.

Eggs and Spinach.

Boil the spinach, squeeze it dry, chop it fine, and put it into a stewpan, with a little butter, cream, pepper, and salt. Having dished the spinach, poach the eggs, trim off the edges of the whites, and lay them on the vegetable.

Eggs and Brocoli.

Boil the brocoli till tender, but reserve a large bunch, with six or eight sprigs. Toast some slices of bread sufficiently large for the dish. Beat up six eggs well, and put them into a saucepan, with butter and a little salt. When thick enough, pour them on the toast. Set the largest bunch of brocoli in the middle, and the sprigs around.

Eggs and Asparagus.

Toast and butter a slice of bread, lay it on the dish, then butter some eggs, and place the same over the bread. Next

boil some asparagus tender, cut it small, and dispose it neatly over the eggs. This makes a pretty dish for a second course, or supper.

Eggs and Lettuce.

Scald some cabbage lettuces in hot water, squeeze them well, and stew them. Toss them up in a saucepan, with a piece of butter; then season with pepper, salt, and nutmeg. Let them stew half an hour, and chop them well together. Lay them in a dish, after which, fry some eggs in butter, and lay them on the lettuce.

Eggs with Artichoke Bottoms.

Boil the plants in hard water, but if dry, in soft. Throw a lump of butter into the water, and when you take out the bottoms, place the yolk of a hard egg in the middle of each. Pour thereon melted butter, and serve them up. Asparagus may be added betwixt the artichokes.

Eggs and Bread.

Soak a penny loaf in a quart of new milk for an hour, then strain it through a sieve, put to it three spoonsful of rose or orange-flower water, sweeten to your taste, and add a little grated nutmeg. Next take a small dish, break into it as many eggs as will cover the bottom, pour in the bread and milk, and send it to the oven.

To broil Eggs.

Toast a good slice of bread; butter it, and lay it in a dish. Break six or eight eggs on the toast, then take a red-hot iron, and hold it over them. When brown, squeeze thereto a Seville orange or lemon, grate over it some nutmeg, and serve it up. This is a neat supper dish.

To stew Eggs in Gravy.

Pour a little gravy into a pan, set it over a stove, and when hot, break in as many eggs as will cover the dish, then a little butter, a young onion, some chopped parsley, mushrooms, a few crumbs of bread boiled in milk, and a little of the white meat of a young fowl. Season with pepper, salt, nutmeg, and a little mace, pound them all together, and fill the whites of the eggs with it. Smooth them by dipping a knife in egg, then take the dish in which you intend to serve, lay some forcemeat at the bottom, the stuffed eggs upon that, and next some bread crumbs. Bake the whole, to give it a colour, and when done, put thereto a little good gravy. The dish must be served hot.

Eggs with Sorrel.

Boil your sorrel well, and strain it, then poach three eggs soft, and as many hard. Butter the sorrel, fry some sippets of

bread cut triangularly, lay the vegetable in the dish, the soft eggs on it, and the hard ones between. Stick the sippets around, and send the whole up hot.

Eggs in Surtout.

Boil half a pound of streaked bacon, cut into thin slices, then fry some small pieces of bread in butter. Put a little thick gravy into a dish, garnish the rim with fried bread, break some eggs into the middle, cover them with the bacon, and do them over a slow fire.

Eggs à la Trip.

Boil hard eight eggs, and put them into cold water. Peel the yolks, and shred the whites, put some chopped parsley into white sauce, and pour it over the eggs, but it is not necessary to put them into a stewpan, as the boiling sauce will do them sufficiently.

Eggs fried in Paste.

Boil six eggs for three minutes, then put them into cold water, take off the shells without breaking the whites, wrap them up in the trimmings of puff-paste, brush them with egg, and sprinkle some bread crumbs over them. Melt lard enough, or clarified butter, in a stewpan, for the eggs to swim in, and when hot, put them in, and fry them till they are of the colour of gold. Serve them up on a napkin.

Eggs à la Poulet.

Boil eight eggs hard, put them into cold water, and peel them without breaking the whites. Cut a little off the ends of four, that they may stand upright in the dish, split the rest down the middle, and lay them round the others. Put some sauce into a pan, make it hot, add some chopped parsley to it, and pour it over the eggs.

Stuffed Eggs.

Boil six eggs hard, peel them, but leave the whites, cut them in two, and take out the yolks. Put them into a mortar, with a little butter, a young onion, shredded parsley, mushrooms, some bread crumbs boiled in milk, and a piece of the breast of a fowl. Season the whole with pepper, salt, nutmeg, and mace. Pound all together, and fill the whites of the eggs with the mixture, then smooth the same by dipping your knife in egg. Next take a dish, put some forcemeat into it, with the stuffed eggs upon that, then throw over some crumbs of bread, and bake the eggs in an oven. When done, put some good gravy into the dish, and serve it hot.

Toast and Eggs.

Toast a slice of bread brown, butter it, and lay it in a dish before the fire. Next poach six eggs, just enough

to set the whites, take them out carefully, and lay them on the toast. Brown the whole with a salamander, grate some nutmeg over the eggs, and squeeze thereon a Seville orange, and garnish with the same in slices.

Turkey in a hurry.

Truss the turkey with the legs inward, and flatten it, then put it into a stewpan, with melted lard, chopped parsley, shalots, mushrooms, and a little garlic, give it a few turns on the fire, and add the juice of half a lemon. Then remove it to another pan, with slices of veal, one slice of ham, and some melted lard, adding to the whole, pepper and salt. Cover the turkey with slices of lard or fat bacon, and set it over a slow fire for half an hour; while doing, pour in a glass of white wine, a little plain gravy, strain the sauce, add a little coulis, reduce it to a good consistence, put the turkey into a dish, and serve it up with a garnish of lemon.

To marinade a Fowl.

Raise the skin from the breast bone, take a veal sweetbread, with oysters, mushrooms, one anchovy, pepper, nutmeg, lemon peel, and a little thyme, chop them small, and mix them with the yolk of egg. Stuff this carefully under the skin, without breaking it, put oysters into the body, paper the breast, and roast it. Garnish with lemon.

A Bloomsbury Fricassee.

Cut up two chickens, and fry them in butter. Then pour upon them some light gravy or boiling water, add thereto a sliced onion, a bunch of thyme and parsley, a slice or two of lean bacon, some whole pepper, a few cloves, and salt. Stew gently for a quarter of an hour, then take out the herbs, and put in some fresh parsley chopped fine, the yolks of two or three eggs, beaten up with a little of the liquor, and some vinegar. Shake it over the fire, till the sauce is thickened, and serve it up. Rabbits may be done the same way.

To dress the Livers of Poultry.

Put them into cold water for a short time, and next into a stewpan, with a quarter of a pint or more of gravy, according to the number and size of the livers, a spoonful of pickled mushrooms, as much catsup, and a piece of butter rolled in flour. Season with pepper and salt, and stew them gently ten minutes. In the mean while, boil a turkey's liver, if you have it, and lay it in the middle of the dish. Pour the sauce over all, and garnish with lemon.

Legs of Fowls au Gratin.

Cut the legs and wings of fowls that have been left from a former dinner, chop thyme, parsley, shalot, and mushrooms,

mix them with bread crumbs, and a little pepper and salt; beat up three eggs in a basin, dip the pieces of fowl therein, and roll them in the crumbs. Do this twice over, then heat some lard in a stewpan, and fry the pieces of a gold colour. When done, fry some dry parsley very crisp, put it in the middle of the dish, and the fowl round it.

Grenadines of Duck.

Cut off the wings of a duck, so as to bring away all the breast. Flatten them gently, then take off the skin, and lard the meat. Take out the bones from the leg, and fill it with forcemeat. Put the bones of the duck, and any trimmings of other poultry, into a stewpan, with two or three onions, sweet herbs, mace, bay leaves, and slices of carrot. Pour thereon a pint of gravy, then put in some fat bacon over the bones, with the wings and legs. Set the pan on a slow fire, and when done, put turnips in the dish with the duck.

A Capilotade.

This dish is made from the remainder of the roast fowls that are left from a former dinner. Cut the same into pieces, as for a fricassee, put the trimmings into a stewpan, with a little lean ham, and a bundle of thyme and parsley, with a few blades of mace tied up in it. Throw about a pint of stock into the pan, and let it boil half an hour, then strain it off, put a bit of butter into another pan, and when melted, throw in flour enough to dry it up. Then put thereto the liquor in which the trimmings were boiled, place it on the fire for a few minutes, after which, strain it through a sieve, return it to the pan, and put in the fowl; season it with cayenne and lemon juice. Partridges may be done the same way. It must be a rule not to let any hash or mince boil after being put into the sauce.

To Bedevil the Legs of Turkeys.

Score the legs across, and put mustard into the divisions, then throw on some cayenne pepper and salt, place them on a gridiron over a brisk fire, and do them till they are thoroughly browned. Gizzards or pinions may be done in the same manner.

To stew Giblets.

Clean them in scalding water, and then put them into a saucepan, with cold water enough to cover them. Take off the scum when it boils, and put in an onion, three cloves, or two blades of mace, a little allspice, some black pepper, and half a tea-spoonful of salt, cover the pan close, and simmer gently till the giblets are tender, which will be in about an hour and a half, according to the size; the pinions will be

done first, and therefore should be taken out and put in again to warm when the gizzards are done. Thicken the sauce with flour and butter. Let it boil half an hour, and strain it through a tamis into a stewpan; cut the giblets in pieces, put them into the sauce, with the juice of half a lemon, a table-spoonful of mushroom catsup, and pour the whole over some sippets of bread in a soup dish.

Chicken and Puffs.

Chop the breast of a young fowl, some lean ham, and half an anchovy, add thereto a little parsley, lemon peel, and shalot cut fine, with some cayenne and pounded mace. Put the whole into a stewpan, with some white rich gravy, and set it over a fire for five minutes. Turn out the chicken on a plate, then roll some puff-paste thin, cut it into square pieces, put thereon some of the mixture, double up the paste at the edges, and fry the puffs in boiling lard. When done, serve them up on fried parsley.

Chicken in savoury Jelly.

Boil down some calves' feet to a strong jelly, take them out, and skim off the fat, beat up the whites of three eggs, mix with these half a pint of vinegar, the juice of three lemons, a blade or two of mace, some pepper-corns, and a little salt. Boil the whole with the jelly a few minutes, and then strain it through a bag till clear. Put a little of this at the bottom of a bowl, and over it some cold roasted chickens, with their breasts downwards. Fill up the bowl with the remaining jelly, and let it stand all night. The next day put the bowl into warm water, and as soon as the jelly loosens, lay a dish over it, and turn it out without breaking.

Small Birds in savoury Jelly.

Take eight larks or other birds, with their heads and legs on, put into the belly of each a little butter, and secure the vents. Cover them in a jug, and set it in a kettle of boiling water till the birds are done. Then drain them, make a jelly of calves' feet, and place the birds as already directed in the preceding article.

Chickens and Tongues.

Boil the chickens till they are white, then take six pigs' tongues well boiled and peeled, a cauliflower that has been boiled whole in milk and water, and some spinach boiled green. Lay the cauliflower in the centre, the chickens round it, the tongues next, and the spinach intermixed. Garnish with bacon fried or toasted.

Partridges à la Braisé.

Truss the legs of two brace of birds into the bodies, lard, and season them with mace, pepper, and salt. Put layers of

bacon, beef, and veal in slices into a stewpan, with a piece of carrot, an onion cut small, sweet herbs, and whole pepper. Place the birds thereon, breast downwards, lay thin slices of beef and veal over them, with some shredded parsley. Let them stew covered eight or ten minutes, then shake the pan, and pour in a pint of boiling water. Stew again for half an hour over a quicker fire, then take out the partridges, and keep them hot, while you are reducing a pint of thin gravy to one half. Strain it off, and clear it of the fat. Make a gravy of a veal sweetbread cut small, truffles, morels, cock's combs, and the livers of poultry, stewed half an hour in a pint of stock, with some artichoke bottoms, mushrooms, and the tops of asparagus, blanched in warm water. Mix the two gravies, and heat the partridges therein. When hot, serve them up with the sauce over them.

Risoles.

Roll out some puff-paste, and cut it into form, mince some cold veal or fowl small, with white pepper and salt, a little cream, and the yolk of a raw egg. Give it a gentle heat, and when cold, wet the edge of the paste, lay a spoonful of the minced meat on it, turn it over, and close it well. Then glaze it over with the yolk of egg, and put the risoles into a pan of boiling dripping. When fried brown, take them out, and lay them on a sieve to drain. They must be served hot.

To dress Macaroni.

Take half a pound of pipe macaroni, stew it in water, with a little salt, till tender, drain, and return it to the pan, adding thereto some cream, and let it stew till it is thick and rich. Season with beaten mace, and a little made mustard, mixed with two spoonfuls of cream, and the yolks of two eggs. Give the whole a toss, line a dish with puff-paste, pour in the macaroni, grate some Parmesan or Cheshire cheese over it, and bake it in a moderate oven. If to be done white, omit the eggs, mustard, and cheese, season with nutmeg, or mace and salt, and a little more cream.

Stewed Macaroni.

Boil in a sufficient quantity of beef-gravy, relished with ham, half a pound of macaroni, and when about three parts done, strain it off, and add a gill of new milk, another of cream, a quarter of a pound of grated Parmesan, fresh butter, and cayenne pepper, with salt. Stir the whole over a fire for a few minutes, cover it slightly with more Parmesan grated, smooth the macaroni, brown the top with a salamander, and send it to table.

Another method.

Put a quarter of a pound of macaroni into a pint of milk, broth, or water. Boil it gently till tender, then add an ounce of grated cheese, with a small piece of butter, and a teaspoonful of salt. Mix the whole well, put it on a dish, and strew over it two ounces of grated Parmesan or Cheshire cheese. Brown it lightly in a Dutch oven. All the cheese may be put in with the macaroni, and bread crumbs over the top. This article, with shreds of dressed ham, or a curry sauce, is excellent.

French Crocats.

Mince the white meat of a cold turkey, or some nice veal, very small, then take two hard-boiled eggs, yolks and whites, a little lean ham, and chop the whole very fine; next take some bread crumbs, pepper, salt, and grated nutmeg, or mace. Mix all up with a raw egg and a spoonful of cream, working the composition into a sugar-loaf shape. Glaze it with the yolk of egg, and roll it in more crumbs. Fry it in boiling dripping till it is brown, then lay it on a sieve to drain. For a sauce, take a little brown soup, and reduce it by boiling, then beat up the yolk of an egg with a spoonful of cream, add this to the soup, with some nutmeg, but do not let it boil after the egg is put in. Serve up the crocats in the sauce.

Bacon Fraize.

Cut some streaked bacon into slices of about two inches in length. Make a good batter of eggs, milk, and flour. Put lard or dripping into a frying-pan, with the bacon, and when hot, pour in the batter. Cover the whole with a dish till done.

Sandwiches.

These are simply made either of cold meat or poultry, potted lobster or shrimps, grated tongue, anchovy, sausage meat, or slices of ham and beef. The last is most common, and must be laid between two slices of bread, thin and neatly, without gristle or skin.

A Dish of Rice for Supper.

Boil some rice, and after washing it in milk till it is tender, strain it off, lay the rice in heaps on a dish, strew thereon some finely powdered sugar and cinnamon; and add warm wine and butter for sauce.

Another Dish of Rice.

Wash and pick some rice, stew it gently in a little veal or mutton broth, with an onion, a blade of mace, pepper, and salt. When swelled, but not boiled too much, drain it on a sieve before the fire, and serve it dry, or in the middle of a dish with warm gravy.

Buttered Rice.

Having cleaned the rice, drain it, and add thereto new milk enough to swell it, set it over the fire, and when tender, pour off the milk, and put in some butter, a little sugar, and cinnamon pounded. Shake it to prevent burning, and serve it up hot.

A Carole of Rice

Wash some well-picked rice, and boil it five minutes in water, strain it, and put it into a stewpan, with a little butter, a slice of ham, and an onion. Stew it over a gentle fire till tender, have in readiness a mould lined with bacon, mix the yolks of two or three eggs with the rice, and then line the bacon with it, about half an inch thick, put into it a ragout of chicken, rabbit, veal, or any thing else. Fill up the mould, and cover it close with rice. Bake it in a quick oven for an hour, turn it out, and send it to table, with gravy or curry sauce.

Rice Milk.

This is made by washing the rice thoroughly, and then simmering it in milk over a slow fire till done sufficiently. Add lemon, spice, and sugar. Sago milk is done in the same way, but without any flavouring.

Flummery.

Steep a day and a night in cold water, three large handfuls of small white oatmeal, then pour off the water, and add a fresh supply, and keep it standing for the same space of time. Strain it through a hair sieve, and boil it till it is as thick as a hasty pudding, stirring it all the while. On first straining it, put thereto one large spoonful of white sugar, and double the quantity of orange-flower water. Pour it into shallow dishes, and serve it with wine, cider, milk, or cream and sugar.

Dutch Flummery.

Boil two ounces of isinglass in a pint and a half of water half an hour. Add a pint of white wine, the juice of three lemons, and the rind of one. Rub a few lumps of sugar on another lemon, and with the same, add as much more as may give it sufficient sweetness. Then beat up the yolks of seven eggs, scald the same with the preceding mixture, stir the whole well, and when done, pour it into a dish. Keep stirring it till nearly cold, then let it stand, and put it into a melon shape.

Rice Flummery.

Take a pint of new milk, and boil therein a piece of lemon peel, and some cinnamon. Mix with some cold milk, as much flour of rice as will give the whole a good consistence, sweeten it, and add a spoonful of peach water, or a bitter

almond beaten, boil it, but take care it does not burn, then pour it into a basin, but remove the spice. When cold, turn out the flummery into a dish, and serve it with cream, milk, or custard

White Pot.

Beat up eight eggs, leaving out half the whites, with a little rose-water, nutmeg, and four ounces of brown sugar. Cut a roll or small loaf into thin slices, pour the milk and egg over them, add thereto a piece of butter, and bake it for half an hour.

Salmagundy.

Chop separately the white of cold chicken or veal, the yolks and whites of eggs boiled hard, parsley, six anchovies, beet-root, red cabbage pickled, ham, and tongue, to which onion may be added, or any thing else, at pleasure. Put a tea-cup or saucer into a small dish, and round it the several ingredients in rows, wide at the bottom, and lessening at the top, with some curled parsley over all. Or the salmagundy may be placed in layers, intermixed with the whites of eggs. Place curled parsley and butter between.

Toasted Cheese after Dinner.

Grate three or four ounces of rich Cheshire cheese, mix with it the yolks of two eggs, four ounces of grated bread, and three of butter, beat the whole in a mortar, with a dessert spoonful of mustard, and a little salt and pepper. Toast some bread, cut it into square pieces, lay the composition or cheese thick upon them, after which, place them in a Dutch oven covered with a dish till thoroughly hot. When done, give the whole a browning, and serve it up as quickly as possible.

A Welsh Rabbit.

Toast a slice of bread moderately brown on both sides, and butter it. Next toast a good slice of Gloucester cheese on one side, and lay that next the bread, after which, toast the other side with a salamander, or in a Dutch oven. Lay mustard, pepper, and salt over all, and serve it hot. The vulgar name of this relish is a corruption of the Welsh pronunciation of *a rare bit*. A plainer and more common way of preparing this article is to cut a slice of bread about half an inch thick, pare off the crust, and toast it slightly on both sides. Then take a slice of fat mellow Cheshire cheese, or double Gloucester, a quarter of an inch thick, take off the rind, cut out the rotten parts, and lay it on the bread in a cheese-toaster or Dutch oven, till it is thoroughly soft, and does not burn. Cover it with mustard, pepper, and salt. Good cheese may also be done in a toaster without bread, but it must be served up instantly in the same.

Cheese and Toast.

Mix some fine butter, ready made mustard, and salt together; spread the whole on thin toasts, and scrape some rich Cheshire or double Gloucester cheese over all.

Anchovy Toast.

Bone and skin six or eight anchovies, pound them to a mass with an ounce of sweet butter till the colour is equal, and then spread it on toasted bread or rusks. Or you may cut thin slices of bread, and fry them in butter. Then wash three anchovies, split them, and next pound them in a mortar with some fresh butter, rub the whole through a hair sieve, and spread it on the toast when cold. Then quarter and wash some more anchovies, and lay them also on the toast. Garnish with parsley or pickles.

Furmenty.

Boil a quart of fine wheat, and gradually add thereto a couple of quarts of new milk. Wash four ounces of currants, stir them in the jelly, and boil the whole together till thoroughly done. Beat up the yolks of three eggs, with a little nutmeg, and two or three spoonsful of milk, and add this to the boiled furmenty. Sweeten it with sugar, and serve it hot or cold.

Coffee.

Pour a pint of boiling water on one ounce of coffee, let it boil five or six minutes, then decant off a cupful two or three times, and return it back to the pot again. Put a little isinglass into it, and add a large spoonful of boiling water. Boil five minutes longer, put the pot by the fire to keep it hot for a few minutes, that the coffee may settle and become clear. Serve it with cream, pounded sugarcandy, or very fine brown sugar. Foreigners generally like their coffee very strong, therefore, in that case, make only eight dishes from three ounces. If the coffee is not fresh roasted, set it before the fire to dry, or put it into a pan with a little hot butter, and shake it well for some time. Good cream is preferable to milk in enriching coffee. Some put in also a little vanilla. Coffee milk is made by boiling a small spoonful of ground coffee in about a pint of milk for a quarter of an hour, then adding to it a little isinglass, and setting it by the fire till it is perfectly clear. Sweeten it with good brown sugar.

Chocolate.

Put into a pint of boiling water, a cake of chocolate, cut into very small pieces, and keep it well stirred till melted. Boil gently, pour it into a basin, and it will keep some days. When wanted, put a spoonful or two into milk, boil it with sugar, and froth it well.

Cocoa.

Boil it a considerable time in water, sweeten with fine brown sugar, and add a good quantity of milk to it.

COOKERY FOR THE NURSERY, AND THE SICK.

Diet is oftentimes of more influence than medicine, and by a proper attention to simplicity of food and drink, the physician may be frequently dispensed with. We shall therefore in this place give some plain directions for the management of children, and the treatment of invalids, since, in many instances, what is requisite for the one will be equally so for the other.

The food given to infants should be very light, and easy of digestion. When, by their progress, they stand in need of something more solid than spoonmeat, they should have plenty of bread, simple puddings, mild vegetables, and wholesome fruits. Animal food should be given very sparingly, till they are grown up to habitual exercise, and even then it should only be allowed three or four times a week.

Spoonmeats.

The best way of using milk is without skimming or boiling, for as the cream is the most nutritious part of the milk, the latter becomes watery, and less easy of digestion, when deprived of the balsamic portion. In some cases skimmed milk may be preferable, but it should always be taken as a safe and general rule, that new milk is the best. Where this is suffered to stand before it is used, the cream should be stirred up with the rest. The boiling of milk alters its qualities, and renders it indigestible.

To make Egg Pap

Set a quart of water on a clear fire, make two spoonsful of wheat flour into a batter, with the yolks of two or three new-laid eggs well beaten, and a little cold water. When the water is about boiling, put in the batter, and keep it stirring till it is ready to boil. Then take it off, put in a little salt, pour the whole into a basin, and let it cool gradually. Where eggs are not at hand, a piece of butter may be substituted, and stirred in gently.

Flour Pap.

To two-thirds of new milk, after standing five or six hours, add one-third of clear water, and set it on a quick fire. Temper some good flour into a batter, with milk or water, and when the preceding mixture is on the boil, pour in the

batter, and stir it for a short time. As soon as it is ready to boil, take it off, add a little salt, and let it stand to cool.

Oatmeal Pap.

Mix a pint of milk and water, in the proportion of two-thirds of the former to one of the latter, add thereto a full spoonful of oatmeal, or rather more if the pap is to be thick, though inclining to thin is best. Set it in a saucepan over the fire, and when it begins to rise, or to boil, take it off, and pour it from one basin into another, backwards and forwards, several times, to bring out the flour, and incorporate it with the milk. Return it to the saucepan, set it again on the fire, and when it is about to boil, take it off, and let it stand to settle. When done, pour it off gradually into a basin, add a little salt, and set it aside to cool.

Bread Pap.

Pour scalding water on some slices of good white bread, and let it stand till cold, then drain off the water, bruise the bread fine, and mix with it as much new milk as will form a moderately thick substance. It will be warm enough for use without setting it upon the fire. Sugar should not be put into it.

Water Gruel.

Take a spoonful and a half of fresh oatmeal, mix with it gradually a quart of water, and set it on a clear fire. When just ready to boil, take it off, and pour it backwards and forwards, from one basin to another, five or six times. Then set it again on the fire till it is almost ready to boil, but before it comes to that point, take it off, and let it stand to settle, or strain it through a hair sieve, then add a little salt, and set it to cool.

Barley Gruel.

Wash well two ounces of pearl barley, and put the same into a quart of water. Simmer it gently till reduced to a pint, then strain it through a sieve, and let it cool. For invalids, a stick of cinnamon, and some port wine and sugar, may be added.

Rice Gruel.

Soak two spoonsful of fine rice in cold water for an hour. Pour off the water, and put a pint and a quarter of new milk to the rice. Stew it gently till the rice is sufficiently tender to pulp through a sieve, then mix this with the milk. Simmer it over the fire ten minutes, and if it is too thick, add a little more milk gradually, that it may not be kept from simmering. When done, pour it off to cool.

Milk Porridge.

To two-thirds of water gruel, when cool, add one-third of unboiled new milk, and warm it up. This may be eaten either with or without salt.

Another method.

Stir into a pint of water three large spoonsful of fresh oatmeal, let it stand till clear, and pour it off. Put a pint of fresh water to the oatmeal, stir it up well, and leave it till next day. Strain the liquor through a sieve, and set it in a saucepan over a clear fire. Add about half as much milk, gradually, while it is warming, and when it is just ready to boil, take it off, pour it into a basin, and set it by to cool. Add thereto a little salt.

To prepare Indian Arrow-root.

Put a dessert-spoonful of the powdered root into a basin, and mix with it as much cold new milk as will form a paste. Pour thereon half a pint of milk scalding hot, and stir it well to keep it smooth. Set it on the fire till it is ready to boil, take it off, pour it into a basin, and let it cool.

Sago Jelly.

Soak a large spoonful of sago in cold water for an hour, then pour off the water, and substitute a pint of fresh; stew it gently till reduced to about half the quantity. When done, pour it into a basin, and let it cool.

French Mode of preparing Rice Milk.

After washing the rice, set it over the fire for half an hour, with a little water. Put thereto, gradually, some warm milk, till it is sufficiently done, and of a proper consistence. Do it slowly, and season with salt and sugar.

Ground Rice Milk.

Make a large spoonful of ground rice into a batter with two or three spoonsful of new milk. Set a pint of new milk over the fire, and when it is scalding hot, stir in the batter, and keep it on till it thickens, but without boiling. It should not be stirred, otherwise it will burn. Let it cool in a basin.

Millet Milk.

Wash three spoonsful of millet seed in cold water, and put it into a quart of new milk. Stew it gently till it is moderately thick. When done, pour it into a basin to cool.

Whey.

Take a quart of new milk before it is cold, and put in as much runnet as will turn it. Let it stand till it turns pro-

perly, and pour it off through a coarse cloth or sieve, without pressing the curd, that the whey may be the purer. It may be drank cold, or just warmed by setting it before the fire. Where new milk cannot be had, staler may be used by warming it to the same degree of heat.

Pearl Barley Water.

Put an ounce of pearl barley into half a pint of water, and set it over the fire. When hot, pour off the water, and add a quart of fresh to the barley. Let it simmer for an hour. If too thick, put in more water, but let it be warm.

Common Barley Water.

To a handful of common barley, add three pints of water. Let it simmer gently till of a proper thickness for use.

Apple Water.

Slice two or three ripe apples, without paring them, according to their size, into a jug, and pour thereon a quart of water scalding hot. Let it stand to cool, and it will be fit for use.

Toast and Water.

Toast a moderately sized piece of bread quite dry and brown, put it into a jug with clear water upon it. Let it stand an hour before it is used.

Sippets for Weak Stomachs.

Put two or three sippets of bread on a very hot plate, and pour on them any gravy from the dish, provided there has been no butter mixed with it. Sprinkle thereon a little salt.

A Restorative Jelly.

Beat and break the bone of a leg of pork, just as it is cut up. Set it over a slow fire, with three gallons of water, and let it simmer to one, put in half an ounce of mace, with the same quantity of nutmeg. Strain it off, and when cold, clear it of the fat. Take a good-sized cupful the first thing in the morning, again at noon, and the last thing at night.

Shank Jelly.

Soak twelve shanks of mutton four hours, and cleanse them thoroughly. Put them into a saucepan, with three blades of mace, an onion, some pepper-corns, sweet herbs, and a crust of bread toasted. Pour thereon three quarts of water, and set the pan covered on a hot hearth. Simmer gently five hours, strain off the jelly, and put it by in a cool place. A pound of beef may be added to advantage.

Tapioca Jelly.

Wash the tapioca in three or four waters, then soak it again in fresh for five hours, and simmer it in the same till quite clear. Add lemon juice, wine, and sugar.

Gloucester Jelly.

Take of rice, sago, pearl barley, shavings of hartshorn, and eringo roots, one ounce each. Simmer these in a quart of water till reduced to a pint. When taken, some wine or milk may be added.

Isinglass Jelly.

Boil one ounce of the shavings of isinglass, with forty corns of Jamaica pepper, and a crust of bread, in one quart of water. Simmer till reduced one half, and strain it off. It may be taken in wine and water, milk, tea, or soup.

Chicken Water.

Skin half a fowl, break the bones, and cut the flesh very thin, then put the whole into a jar, and pour a pint of boiling water thereon, cover it close, set it by the fire for three hours, and it will be fit for use.—Or you may take a large fowl, skin it, and break the bones; put the whole into a gallon of water, with a crust of bread. Boil it half away, and strain it off for use.

Saloop.

Boil wine, lemon peel, and sugar in a little water. Then mix in a small quantity of the saloop powder, which has been previously rubbed smooth with cold water; stir the whole together, and boil it a few minutes.

Caudle.

Make a smooth gruel of good grits, and when well boiled, strain it off, stirring it occasionally till cold. When wanted, add sugar, wine, lemon peel, and nutmeg. A spoonful of brandy may be added, and also lemon juice. Another way is, to boil some water, put therein grated rice, that has been mixed with cold water, and when properly thickened, add sugar, lemon peel, cinnamon, and a glass of brandy. Boil the whole together. If it is intended to be used cold, boil a quart of spring water, and after it has stood, add the yolk of an egg, the juice of a lemon, six spoonsful of sweet wine, sugar, and syrup of lemons. For brown caudle, make a gruel with six spoonsful of oatmeal, and strain it. Then add a quart of good malt liquor, boil, sweeten, and put in half a pint of white wine, with spices or not, according to taste.

White Wine Whey.

Put a pint of new milk, and half a pint of white wine, into a basin, and let it stand a few minutes, then pour over it a pint of boiling water, let it settle, and the curd will fall to the bottom. After this, pour the whey into another basin, and put thereto a little sugar, and a slice of lemon.—Whey may also be made with lemon or vinegar, and when clear, diluted with boiling water and sugar. This is good to excite perspiration

Mustard Whey.

Turn half a pint of boiling milk, with a table-spoonful of made mustard. Strain the whey from the curd, and take it in bed. It will give a glowing warmth, and is good in nervous disorders.

Sack Posset.

Beat up twelve eggs, and strain them, then put half a pound of lump sugar into a pint of white wine, and mix the same with the egg. Set the whole over a chafing dish, and keep it stirred till scalding hot. In the mean time, grate some nutmeg in a quart of milk, and heat it, then pour it over the egg and wine, holding your hand high while doing it, and stirring it all the while. Then take it off, set it before the fire half an hour, and it will be ready. Another method is as follows:—Take a quart of new milk, four Naples biscuits, crumble them, and when the milk boils, throw them in. Give it another boil, then take it off, grate therein some nutmeg, and sweeten it to your taste, add half a pint of sherry, stirring it all the time, and serve it up.

Another Wine Posset.

Take a quart of new milk, and the crumb of a penny loaf, boil the whole till the bread is soft, then take it off, grate therein half a nutmeg, and some sugar, put it into a basin, with a pint of Lisbon wine, very gradually, or it will make the curd hard and tough. Serve it with toast.

An Ale Posset.

Put a little bread into a pint of milk, set it over the fire, and when it boils, pour thereto a pint of strong ale, with nutmeg and sugar. Let it stand a few minutes to clear, and the curd will float on the surface.

A Brandy Posset.

Boil a quart of cream, with a stick of cinnamon in it, over a slow fire, and take it off to cool. Beat up the yolks of six eggs, mix the same with the cream, add some nutmeg and sugar to your taste, set it over a slow fire, and stir it all one

way. When it appears like a fine custard, take it off, and pour it into a basin, with a glass of brandy, stir it gently, and serve it up.

An Orange Posset.

Grate some crumbs of bread, and put them into a pint of water, with half the peel of a Seville orange grated, or sugar rubbed thereon to take out the essence. Boil the whole till it looks thick and clear.

Panada.

Put a little water into a saucepan, with a glass of wine, sugar, nutmeg, and lemon peel. Then grate some crumbs of bread, and put them into the pan when it boils. As soon as it is of a proper consistence for drinking, take it off. A glass of rum and a little butter may be used instead of the wine.

Bread Soup.

Put into a saucepan one quart of water, a dry crust of bread, and a little butter. Set the same over the fire, and let it boil, beat it with a spoon, and keep on boiling till the bread and water are thoroughly mixed. Season it with salt.

German Egg Soup.

Beat up the yolk of an egg in a pint of water, put in a little butter, with two or three lumps of sugar, and stir the whole all the time it is on the fire. When it begins to boil, pour it backwards and forwards between the saucepan and the basin, till it is smooth, and has gained a froth. This is good in a cold.

Other preparations of Eggs.

A new laid egg broken into a cup of tea, or beaten up and mixed with a basin of milk in a morning, makes a very nutritious breakfast. An egg divided, and the yolk and white beaten up separately, then mixed with a glass of white wine, will afford two very wholesome draughts. Beat up also a new laid egg, and mix it with a quarter of a pint of new milk, a spoonful of capillaire, one of rose water, and a little nutmeg. But do not warm it after putting in the egg. This should be taken the first thing in the morning, and the last at night.

Restoratives.

Bake in a close covered jar, for three hours and a half, two calf's feet, in two pints of water, and the same quantity of new milk. When cold, take off the fat. Any flavour may be given to this, according to taste, and it will prove excellent, taken night and morning. Another good article of similar virtue may be made by boiling six sheep's trotters, two blades of mace, a little cinnamon, lemon peel, hartshorn shavings, and isinglass, in two quarts of water till reduced to

one. When cold, take off the fat. This should be used every day. Or, boil a quarter of an ounce of the shavings of isinglass with a pint of new milk till half reduced, add a little sugar, and if approved, a little bitter almond. This should be taken at bedtime, but not too warm.

Boerhaave's Buttermilk.

Milk a cow into a small churn, and when it has stood about ten minutes, begin churning, continuing to do so till the flakes of butter swim about pretty much, and the discharged milk appears thin and blue. Strain this through a sieve, and drink of it frequently. It is good for consumptive cases, and the food to be taken with it ought to be biscuits, rusks, and fruits, either ripe or dried.

Mulled Wine.

Boil some spice and sugar in a little water thoroughly till well flavoured, then add an equal quantity of wine. Serve it with toasted bread. British wine may be used, regard being had to the quality, for much of what is sold is impregnated with sugar of lead. Some put into the mulled wine, the yolks of eggs well beaten, and mixed with a little cold water, then poured backwards and forwards from the basin to the saucepan. Another way is, by boiling a little cinnamon and some grated nutmeg a few minutes in a large tea-cupful of water, then pour to it a pint of port wine, and add some sugar; beat it well up, and it will be fit to drink.

Asses Milk.

This useful article for consumptive patients should be milked into a glass that is kept warm by being set in a basin of hot water. The fixed air contained in the milk is apt to give some persons a pain in the stomach. At first, therefore, a tea-spoonful of rum may be put into it, the moment it is about to be swallowed.

Artificial Asses' Milk.

Boil a quart of water, as much new milk, an ounce of white sugarcandy, half that quantity of eringo root, and as much conserve of roses, till half reduced. This is an astringent, and therefore the doses must be proportioned to the effect. Another way is, to mix two spoonsful of boiling water, the same of milk, and an egg well beaten, sweeten with pounded white sugarcandy. Or, boil two ounces of hartshorn shavings, as much pearl barley, and the same of candied eringo root, with twelve bruised snails, in two quarts of water, till reduced one half. Mix this with an equal quantity of new milk, when taken, twice a day.

Egg Wine.

Beat up an egg, and mix with it a spoonful of cold water, then set on the fire a glass of white wine, half as much water, sugar, and nutmeg. When it boils, pour a little of it to the egg, but gradually, stirring it all the while, then return it to the saucepan, put it over a gentle fire, stir it all one way for a minute, taking care that it does not boil. Serve it with toast. Or, the wine may be made without warming the egg, in which case it will be lighter on the stomach.

Treacle and Vinegar.

Mix two spoonfuls of treacle with one of white wine vinegar, and put the same into a bottle for use. A table-spoonful of this mixture, taken night and morning in a glass of water, is a pleasant drink, and very useful in bilious habits.

Orgeat.

Beat two ounces of almonds, with a tea-spoonful of orange-flower water, and one or two bitter almonds. Then pour thereto a quart of milk and water. Sweeten with sugar or capillaire. This is salutary for weak stomachs, and allays heat. Half a glass of brandy may be added, and also half an ounce of gum arabic in gouty cases.

Orangeade.

Squeeze the juice of an orange, pour boiling water on some of the peel, and cover it close. Boil water and sugar to a syrup, and skim it. When cold, mix the juice, infusion, and syrup, with as much water as will make a good sherbet. Strain it through a jelly bag, or squeeze the juice, strain it, and add water and capillaire.

Pleasant Beverages.

Into a glass of cold water, pour a table-spoonful of capillaire, and as much good vinegar. Tamarinds, currants, either fresh or in jelly, or scalded currants, and cranberries, make also excellent drinks for invalids, with sugar or not, as may be agreeable. For drink in a fever, put a little tea sage, two sprigs of balm, and a little wood sorrel, into a stone jug, peel thin a small lemon, and clear it from the white, slice it, and put a little into the jug, then pour thereto three pints of boiling water, sweeten it, and cover it close. Or, wash an ounce of pearl barley, shift it twice, then put to it three pints of water, an ounce of sweet almonds beaten fine, and a little lemon peel; boil the whole till the liquor becomes smooth, and then add some syrup of lemons and capillaire. Another pleasant drink is thus made:—Boil three pints of

water, with an ounce and a half of tamarinds, three ounces of currants, and two of stoned raisins, till consumed one-third. Strain it over some lemon peel, which must be removed in about an hour afterwards.—Or, put a tea-cupful of cranberries into a cup of water, and mash them. Boil two quarts of water, with one large spoonful of oatmeal, and a little lemon peel, then add the cranberries, and as much Lisbon sugar as will leave a sharp flavour of the fruit, and one quarter of a pint of sherry, or less, as may be proper. Boil the whole for half an hour, and strain it off.—Or, put two slices of lemon thinly pared into a tea-pot, a little of the peel, and either some sugar, or a spoonful of capillaire. Pour thereto a pint of boiling water, and stop it close for two hours.

A good Draught for a Cough.

Beat up a new-laid egg, and mix with it one quarter of a pint of new milk warmed, a spoonful of capillaire, as much rose-water, and a little scraped nutmeg. It must not be warmed after the egg is put in. Take it the first and last thing.

A Beef Drink.

Take off all the fat and skin from one pound of lean beef, and having cut the meat in pieces, put it into a gallon of water, with some crust of bread and a little salt; boil it till reduced one half. When cold, take off the fat. For Beef Tea, see Broths and Soups.

COOKERY FOR THE INDIGENT.

In a family nothing should be lost, and instead of giving broken meat to wandering mendicants, who frequently, when out of sight, throw it to the dogs, it would be better to make the same into comfortable messes for poor housekeepers. The remnants of boiled meat, with bones, rice, barley, grits, oatmeal, and vegetables, stewed for some time, will afford an effectual support to many distressed persons, who are burdened with children. Fish bones, with the heads and fins, the rind of bacon, and a variety of articles which are thrown out of the kitchens of the affluent, would yield nutritious food to the labouring and sick poor.

A baked Soup.

Put a pound of any kind of meat cut into slices, two onions, as many carrots, two ounces of rice, a pint of split peas, or whole ones if previously soaked, pepper, and salt, into an earthen pan or jug, with one gallon of water. Cover it close, and send it to the oven.

Soups for the Poor.

Boil one pound of beef or mutton in six quarts of water, with three ounces of Scotch barley. After boiling some time, put in one ounce of oatmeal, and a little cold water, stir the whole well, and add a handful of onions, chives, parsley, thyme, and other herbs. Veal, pork, bacon, lean beef, or mutton, will also make good soup, though not equal to this.

Take turnips, carrots, leeks, potatoes, the outer leaves of lettuce, celery, or any sort of vegetable; cut them small, and throw them in with the thick part of peas after they have been pulped for soup, or with the coarse oatmeal that has been used for gruel.

A Soup for Weak Persons.

Put two cow-heels into a pan, with a breast of mutton, an onion, a quarter of a pound of rice, a turnip, a carrot, some whole pepper, and salt. Cover the pan with brown paper, and bake it. Some other economical formularies will be found under the general head of Broths and Soups.

Brewis.

Put a thick upper crust of bread into the pot where salt beef is boiling, just before it is ready. When swelled and thoroughly impregnated, it will be very palatable to those who seldom taste animal food

A wholesome Pudding.

Put into a deep pan, half a pound of rice, four ounces of coarse sugar or molasses, two quarts of milk, and two ounces of dripping. Set it in the oven, and let it remain there a considerable time.

Caudle for the Poor.

Put three quarts of water on the fire; in the mean time, mix smooth, in cold water, some oatmeal to thicken it, and when the one boils, pour the other in, adding twenty powdered Jamaica peppers, boil the whole till thick, add sugar, half a pint of table-beer well fermented, and a glass of gin. Boil the whole together.

Sago.

Put a tea-cupful of sago into a quart of water, with a little lemon peel. When thickened, grate therein some ginger, add half a pint of raisin wine, some brown sugar, and two spoonsful of any spirit. Boil all together.

PASTRY AND CONFECTIONARY.

All utensils employed in making pastry of any description, should be carefully kept, and appropriated to that purpose only. The flour for puff-paste must be dried before the fire previous to being used. The butter must be perfectly free from rancidity, and be well worked on the board or slab, to clear it of the water, buttermilk, and salt. When thoroughly worked with a clean knife, pass over it a soft cloth. Observe not to make the paste stiff before putting in the butter.

Divide the butter in half, and break one portion into small bits, cover the paste all over, dredge it lightly with flour, then fold it over each side and ends, roll it out thin, and put in the rest of the butter. Next fold the sheet of paste, and roll it out again, taking care in doing so to roll it from you. For fruit pies, make some good wheaten flour into a fine paste, with a little yeast, as if for bread, and milk or milk and water just warmed. The yolk of egg may be added. The fruit should be ripe, and if apples or pears, nothing else should be mixed with them, except a few carraway seeds.

In making tarts and small puffs, if tins are used, they should be buttered, and a little crust placed all over them, else they cannot easily be taken out. But if china is used, an upper crust alone will be necessary. Put some fine sugar at the bottom, then the fruit, with sugar over all. When covered, bake the tarts in a slack oven. Mince pies must be done in tins, with puff-paste. Apples and pears for tarts should be pared, quartered, and the cores taken out. Divide the quarters again, put them into a saucepan, with just water enough to cover them, and let them simmer slowly till tender. Put a piece of lemon peel into the water with the fruit. In making each tart, pour over it a tea-spoonful of lemon juice, and thrice as much of the water the fruit was boiled in. Apricot tarts may be made in the same manner, but without lemon juice. When tarts are made of preserved fruit, lay in the fruit without sugar, and place a very thin crust over all, but let them remain in the oven only a short time. Iced tarts should be baked in a slow oven, to prevent their becoming brown.

It may be proper to observe, for those families who choose to bake their own articles, that iron ovens, though useful in ordinary cases, are very improper for fruit pies, patties, tarts, and other delicate viands, the excellence of which depends much upon the preservation of the flavour. Where, however,

iron ovens are used, the general inconvenience may be in some respects obviated, by placing two or three tiles or even bricks at the bottom, before the oven is set.

In making fine cakes, have the ingredients all in readiness. Beat up the eggs thoroughly, and do not let them stand, and if butter is used, it should be beaten till it has assumed the appearance of cream. Cakes made with rice, seeds, or plums, should be baked in broad hoops of wood, for when done in pots or tins, the outside is apt to be burnt, while the middle is not baked enough. The oven also must be properly and equally heated.

In making custards, take care that the tossing pan is well tinned, and to put therein, previous to using it, a little water, to prevent the ingredients from sticking to the bottom. Cheesecakes should be put into the oven immediately after they are made, otherwise they will become oily, and look disagreeable. The oven should be of a moderate heat, for if too hot, it will burn the cakes, and if too slack, they will be heavy.

Rich Puff-Paste.

To an equal quantity of butter, add as much fine flour as will be necessary, mix a little of the former with the latter, and wet it with as little water as will make it into a good paste. Roll it out, and put all the butter over it in slices, turn in the ends, and roll it thin, do this twice, touching it as little with your hands as possible. The butter may be added in two portions, mixing and rolling the paste out twice. Another, but less rich paste, may be thus made:—Take a pound of flour, and a quarter of a pound of butter, rub them together, and mix them with a little water, and an egg well beaten. Roll and fold it three or four times. Or, rub extremely fine, in one pound of flour, six ounces of butter, and a spoonful of white sugar finely powdered. Work up the whole into a paste with a little hot water. For tarts, put an ounce of lump sugar sifted, to one pound of fine flour, make it into a stiff paste, with a glass of boiling cream, and three ounces of butter. Work it well, and roll it thin. For stringing tarlets, mix a quarter of a pound of flour, one ounce of fresh butter, and a little cold water, rub the whole well on the board with your hand, till it begins to draw out into strings, which when fine, you may lay across your tarts, and bake them immediately. Rice paste for tarts, is made by boiling a quarter of a pound of ground rice in a very little water, then strained from all moisture, after which, it must be beaten in a mortar, with half an ounce of butter, and an egg. For a short crust, put six ounces of butter to eight of flour, and work the whole well, mix the same with a little water till stiff, then roll it out thin for use. Or, take two

ounces of white sugar, pounded and sifted, then mix it with a pound of flour, and rub thereto three ounces of butter. Next put the yolks of two eggs beaten, into some cream, and make a paste of the whole. For custards, to half a pound of flour put six ounces of butter, the yolks of two eggs, and three spoonsful of cream. Mix them together, and let the whole stand fifteen minutes. Then work it thoroughly, and roll it thin. For orange cheesecakes or sweetmeats, dry a pound of flour, mix it with three ounces of refined sugar, then work half a pound of butter till the same comes to a froth, put the flour to it by degrees, and work into it, well beaten and strained, the yolks of three and the whites of two eggs. If not stiff enough, add some flour and sugar till it is fit to roll. If salt butter is used, it should be washed.

Apple Pies.

Take eight russetings or lemon pippins, pare, core, and quarter them, lay them close in the dish, with four cloves, add some lemon peel, moist sugar, and, if agreeable, a little quince jam. Bake it an hour and a quarter. For an apple tart creamed, use green codlings, and proceed as here directed. When the pie is done, cut out the whole of the middle, leaving the edges. After it is cold, pour on the apple some rich boiled custard, and lay round it leaves of light-coloured puff-paste.

Gooseberry Pie.

Butter and flour the dish, to prevent the crust from sticking, then line it with a sheet of puff-paste, and put in the fruit, well mixed with sugar, but without any water. Place a tea-cup reversed in the centre of the dish, to keep in the juice. Cover it with puff-paste, brushed over with the white of an egg, sift thereon a little fine sugar, and bake it well. When taken from the oven, some prepared cream may be introduced.

Rhubarb Pie.

Cut the stalks in small pieces, and take off the outside skin. Put them into a dish, with some thin syrup of sugar and water, and cover it with paste. Gooseberries mixed with the rhubarb will render the pie more delicious.

Cranberry Tart.

Pick your cranberries, and wash them in several waters, then lay them in a dish, with the juice of half a lemon, and four ounces of moist or pounded lump sugar to a quart of fruit. Cover it with puff-paste, and bake it three-quarters of an hour.

Ripe Fruit Tarts.

Currants, cherries, raspberries, plums, damsons, and other kinds of fruit, according to season, make pleasant pies and

tarts. But the fruit should be fresh picked, free from blemish, and washed. Lay them in the dish, and make the middle higher than the rest. Add about a quarter of a pound of moist sugar to a quart of fruit, unless it be fully ripe, in which case, a smaller quantity of sweetening will suffice. Lay on the paste as before directed, pare it round the edge, and make a hole in the top and sides. Bake the tart in a moderately heated oven.

French Tart of preserved Fruit.

Cover a flat dish or pattepan with puff-paste, about one-eighth of an inch thick. Roll out some more paste half an inch in thickness, cut it in stripes, each an inch in width, wet the paste, and lay it round the pan, fill the centre with jam or marmalade, ornament it with leaves of paste, bake it half an hour, and send it to table cold.

Pippin Tarts.

Pare two Seville or China oranges, boil the peel tender, and shred it finely, then pare and core twenty apples, put them into a stewpan with a very little water; when half done, add eight ounces of sugar, the orange peel and juice, boil the whole till pretty thick, and when cold, put it into a dish, or some pattepan lined with paste. These tarts should be served up cold.

Prune Tarts.

Scald the prunes and break the stones, put the kernels into some cranberry juice, with the fruit and sugar. Simmer the whole over a slow fire, and when cold, make a tart of the sweetmeat.

Raspberry Tart.

Roll out some thin paste, and lay it in a dish or pattepan. Put in the raspberries, strew over them some fine sugar, cover the dish with a fine crust, and bake it. When done, cut it open, and put in warm, half a pint of cream, the yolks of two or three eggs well beaten, and a little sugar. Return it to the oven for five or six minutes, and serve it up.

Green Pea Tart.

Boil some young peas a short time, put to them a little salt, with some sifted white sugar, fresh butter, and saffron. Cover them with a fine paste, bake the tart gently, and serve it with sifted sugar.

Transparent Tarts.

Take one pound of flour, beat up an egg till it is quite thin, then melt three-quarters of a pound of clarified fresh butter to mix with the egg, and as soon as it is cool, pour the whole into the centre of the flour, and form the paste. Roll it thin, make up the tarts, and on setting them in the oven,

wet them over with a little water, and grate on them a small quantity of fine sugar.

Almond Tarts.

Blanch some almonds, beat them fine in a mortar, with a little white wine, and some sugar, in the proportion of one pound to the same quantity of almonds, add to these grated bread, nutmeg, cream, and the juice of spinach for a colouring. Bake it gently, and when done, thicken it with candied orange or citron.

Tart de Moi.

Lay a puff-paste round a dish, and then put in a layer of butter and marrow, another of sweetmeats, and so on, till the dish is full. Boil a quart of cream, thicken it with eggs, put in a spoonful of orange-flower water, sweeten it with sugar, pour it over the tart, and bake it half an hour.

Angelica Tart.

Pare and core some golden pippins or nonpareils, and then take an equal quantity of the stalks of angelica, peel, and cut them into small pieces. Boil the apples in water enough to cover them, with lemon peel and fine sugar. Do them gently, till they produce a thin syrup, and then strain it off. Put it on the fire together with the angelica, and let both boil ten minutes. Make a puff-paste, lay it at the bottom of the tin, then a layer of apple, and one of angelica, till full. Pour in some syrup, put on the cover, and bake it moderately.

Chocolate Tart.

Rasp four ounces of chocolate, and a slice of cinnamon, add thereto fresh lemon peel grated, salt, and sugar. Take two spoonsful of flour, and the yolks of six eggs well beaten, and mixed with milk. Put the whole into a stewpan, and set it over the fire. When taken off, put in lemon peel cut small, and let it stand till cold. Beat up enough of the whites of eggs to cover it, and put it into puff-paste. When baked, throw sifted sugar over it, and glaze it with a salamander.

Mince Pies.

The best mince meat is thus made:—Take two pounds of beef-suet chopped fine, the same quantity of apple pared and cored, three pounds of currants well picked and washed, one of raisins stoned and chopped, the same of moist sugar, half a pound of citron cut into slices, one pound of candied lemon and orange peel sliced, two pounds of ready-dressed roast beef free from skin and gristle, and chopped fine, two nutmegs grated, one ounce of salt, and the same of ground ginger, half an ounce of coriander seeds, as much of allspice and of cloves, all ground fine, the juice of six lemons, and

the rinds grated, half a pint of good brandy, and a pint of sweet wine. Mix the suet, apple, currants, raisins, meat, and sweetmeat, thoroughly in a large pan, and strew in the spice gradually. Blend together the sugar, lemon juice, wine, and brandy, and pour the liquor to the other ingredients, stirring the whole well. Set it by in pans covered close, and in a cold place. When wanted, stir it up from the bottom, and add half a glass of brandy to what you are about to use. Some substitute tripe, and others the yolks of hard eggs, for the meat.

Another method.

Shred three pounds of beef fine, and chop it small, take two pounds of raisins stoned and chopped, as much currants picked and dried, pare half a hundred of pippins, core and chop them small, take half a pound of fine sugar, and beat it fine, put the whole into a large pan, and mix the ingredients with half a pint of brandy, and as much white wine, put it close in a stone jar, and it will keep good three or four months. When about to make your pies, take a small dish, and lay a thin crust over it, then place a layer of meat spread thin, next one of citron, over that some minced meat, then orange peel cut thin, and over that a little meat, next squeeze half the juice of a Seville orange or lemon, lay on the crust, and bake it well. If made in little patties, the meats and sweet things must be blended accordingly. A neat's tongue parboiled, peeled, and chopped fine, will greatly improve mince pies. When meat is used, the fruit must be doubled.

• *Mince Pies without Meat.*

Six pounds of apples, three pounds of suet and raisins chopped and stoned, of mace and cinnamon a quarter of an ounce each, and eight cloves ground, three pounds of powdered sugar, three-quarters of an ounce of salt, the rinds of four and the juice of two lemons, half a pint of port, and the same of brandy. Put the mixture into a deep pan, add thereto four pounds of currants, and when you make the pies, put in some candied fruit.

Lemon Mince Pies.

Squeeze a large lemon, boil the outside till it can be beaten to a pulp, add thereto three large apples cut small, and four ounces of suet, half a pound of currants, and four ounces of sugar. Put in the juice of the lemon, and candied fruit, make a short crust, and fill your pattepanes.

Egg Mince Pies.

Boil six eggs hard, and shred them small, chop double that quantity of suet, then take one pound or more of currants washed and picked, the peeling of a lemon shredded fine,

together with the juice, six spoonsful of sweet wine, some mace, nutmeg, sugar, a little salt, orange, lemon, and citron candied. Make a light paste.

Icing for Fruit Tarts, Puffs, or Pastry.

Beat up the whites of two eggs to a froth, lay some on the middle of a tart with a brush, sift over it pounded sugar, and press it down, wash out the brush, and splash it by degrees with water till the sugar is dissolved, then put it in the oven for ten minutes, and serve it cold.

Cream for Fruit Pies or Tarts.

Boil a bit of lemon or Seville orange peel, a little cinnamon, two laurel leaves, twelve coriander seeds, two or three cloves, a blade of mace, and a pint of new milk. Then put into another stewpan the yolks of three eggs, beaten up with a little milk, and half a spoonful of flour, strain, and stir the hot milk in, set it over the fire, and begin whisking it to the consistence of cream, and take it off again. As it cools, stir in a table-spoonful of rose or orange flower water, or a little syrup of clove gilliflowers, and a few drops of essence of ambergris. This cream is particularly agreeable with fruit pies or tarts. It may also be made in a plain manner, with lemon peel, cinnamon, and laurel leaves only, boiled in milk, and a single egg beat up with a spoonful of rice flour. Fruit pies with cream should always be covered like tarts with puff-paste, and when served up, have their tops cut round and taken off, for the purpose of depositing the cream on the fruit, after which, the cover may be replaced, either whole or in quarters.

Apple Puffs.

Pare the apples, and either stew them in a stone jar on a hot hearth, or bake them. When cold, mix the pulp with sugar, and lemon peel shredded fine, taking but little of the juice. Bake them in thin paste, in a quick oven, for a quarter of an hour. Orange or quince marmalade is a great improvement, also cinnamon pounded, or orange-flower water.

Light Puffs.

Mix two spoonsful of flour with a little grated lemon peel, some nutmeg, half a spoonful of brandy, a little loaf sugar, and one egg, then fry the whole, but not brown, beat it in a mortar with the whites and yolks of five eggs; put some lard in a frying-pan, and when hot, drop a dessert-spoonful of butter in at a time, turn them as they brown, and serve them with sweet sauce.

Almond Puffs.

Blanch two ounces of sweet almonds, and beat them fine, with orange-flower water. Beat up also the whites of three

eggs to a froth, and strew in a little sifted sugar. Mix the almonds with the sugar and eggs, and add more sugar till it is as thick as paste. Make it into cakes, and bake them in a slack oven on paper.

Curd Puffs.

Pour a little rennet into two quarts of milk, and when it is broken, put it into a coarse cloth to drain. Then rub the curd through a hair sieve, and put to it four ounces of butter, ten ounces of bread, half a nutmeg, a lemon peel grated, and a spoonful of wine. Sweeten with sugar to your taste, rub your cups with butter, and put them into the oven for about half an hour.

Chocolate Puffs.

Beat and sift half a pound of double-refined sugar, scrape into it an ounce of chocolate very fine, and mix the whole together. Beat up the white of an egg to a froth, and strew into it the sugar and chocolate. Keep beating it till it is as thick as paste, then sugar the paper, drop them on about the size of a sixpence, and bake them in a slow oven.

Wafers

Take a spoonful of orange-flower water, two spoonsful of flour, two of sugar, and the same of milk. Beat them well for half an hour, then make your wafer tongs hot, and pour a little of the batter in to cover the irons. Bake them on a stove, and as they are doing, roll them round a stick.

Lemon Puffs.

Beat and sift a pound and a quarter of double-refined sugar, grate the rind of two lemons, and mix the same with the sugar, then beat the whites of three new-laid eggs, add them to the sugar and peel, and beat it for an hour, make it up into shape, and bake it on paper laid on tin plates, in a moderate oven. The paper must remain till cold. Oiling it will make it come off with ease.

Small Puffs of Preserved Fruit.

Roll out thin good puff-paste, and cut it into pieces, lay a small quantity of any kind of jam on each, double them over, and cut them into shapes, lay them with paper on a baking plate, ice them, and bake them about twenty minutes, without colouring.

Sugar Puffs.

Beat up the whites of ten eggs till they froth, then put them into a marble mortar, with as much double-refined sugar as will make it thick. Rub it well round, put in a few caraway seeds, then take a sheet of wafers, and lay the same on, each as broad as a sixpence, and as high as you can. Put them into a moderate oven for about a quarter of an hour.

Norfolk Pudding Puffs.

Mix three eggs, three table-spoonsful of flour, half a pint of cream, and two table-spoonsful of orange flower or rose water. Sweeten the whole with sugar, put the batter into deep custard cups, about half full, set them in the oven, and when the puffs rise to the top they are done.

Orange Puffs.

Pare the rinds from some Seville oranges, and rub them with salt, let them lie twenty-four hours in water, boil them in four changes of water, making the first salt, then drain, and beat the oranges to a pulp, bruise in all the pieces that you have pared, make the whole sweet with white sugar, and boil it till thick. Let it stand till cold, and then put it into the paste.

CUSTARDS.

Almond Custard.

Boil a pint and a half of cream, a stick of cinnamon, mace, lemon peel, sugar, and nutmeg, and then strain the whole. Blanch and pound three ounces of Jordan and eight single bitter almonds, rub these through a sieve, and add the pulp to the cream, put thereto a little syrup of roses, and the yolks of six eggs well beaten, pour this mixture into small cups, or bake the whole in a dish, with a rim of puff-paste round it.

Common Custard.

Make these nearly in the same way as the preceding, only using orange flower water instead of the almonds.—Or thus:—Sweeten a quart of new milk with sugar, and beat up the yolks of eight eggs, and the whites of four. Stir these into the milk, and bake the custard in china basins. Or you may put the custard cups into a deep dish, and pour boiling water all round, about half way up the sides.

Lemon Custard.

Beat up the yolks of eight eggs till white, put thereto a pint of boiling water, the rind of two lemons grated, and the juice sweetened with sugar. Stir it on the fire till thick enough, then add a glass of good wine, and half a one of brandy. Give the whole a scald, and put it into cups.

Orange Custard.

Boil till tender half the rind of a Seville orange, beat it fine in a mortar, put to it a spoonful of brandy, the juice of

the fruit, four ounces of lump sugar, and the yolks of four eggs. Beat the whole together for ten minutes, and then pour in gradually a pint of boiling cream. Keep on beating till cold, then put the custard into cups, and place them in an earthen dish of hot water to set. On taking them out, stick preserved orange peel in each, and serve either hot or cold.

Rice Custards.

Put a quartered nutmeg and a blade of mace into a quart of cream, boil, strain, and add to it some whole rice boiled, and a little brandy. Sweeten it to taste, stir it over the fire till it thickens, and serve it either in cups or a dish.

Baked Custards.

Boil a pint of cream, with mace and cinnamon; when cold, mix with it four yolks and two whites of eggs, rose and orange flower water, white wine, nutmeg, and sugar. Pour it into cups, and put them into the oven.

Beest Custards.

Set a pint of beest (that is, the first milk given by a young cow,) over the fire, with cinnamon, and two or three bay leaves; when boiling hot, take it off, and pour it by degrees upon some well-mixed thick cream, and sweeten it to your taste. It may be put into cups, or baked in a dish.

Rich Custard.

Boil a pint of milk, with lemon peel and cinnamon; mix a pint of cream, and the yolks of five eggs well beaten; when the milk tastes of the seasoning, sweeten it with sugar, pour it into the cream, and stir it all the time one way, then give the custard a simmer till it is of a proper thickness, but do not let it boil. If you wish to have it richer, use cream only without milk.

Cheap Custards.

Boil in a quart of milk, a little lemon peel, a stick of cinnamon, and a couple of laurel leaves, sweetened with lump sugar. Then rub down two table-spoonsful of rice flour in some cold milk, and mix it with the beaten yolk of an egg. Next take a basinful of the boiling milk, and mix it well with the rest, after which, pour the whole into the remainder of the milk, and keep stirring it all one way till it begins to thicken. Then take it off, and put it into a pan, keeping it stirred well together. It may be served up entire, or in cups, either hot or cold.

Boiled Custard.

Boil in a pint of milk, for five minutes, a little lemon peel, with coriander seed, and cinnamon, add thereto six bitter almonds blanched and pounded, four ounces of lump sugar, and mix

therewith a pint of cream, the yolks of ten eggs, and the whites of six well beaten. Pass the whole through a hair sieve, stir it with a whisk over the fire till it begins to thicken, then take it off, and continue to stir it till nearly cold. Add to it two table-spoonsful of brandy, fill the cups, and grate some nutmeg over each.

Gooseberry Custard.

Boil three pints of gooseberries till tender, rub them through a sieve, and beat up with the pulp, the yolks of five eggs and the whites of two, adding sugar to your taste, and two table-spoonsful of rose or orange flower water. When mixed, set it over the fire, stirring it continually, till it is properly thick, but not suffered to boil.

CHEESECAKES.

To half a gallon of new milk, put about the third part of a gill of rennet, and place it near the fire, that it may be quickly turned. Drain the curd from the whey, put it on the back of a sieve, mix therein four ounces of fresh butter, and rub it with a spoon into a basin. Add pounded lump sugar, with half an ounce of sweet and six bitter almonds blanchèd and pounded, some candied citron, and orange peel in slices, half a fresh lemon peel grated, a few currants, and a glass of brandy. Beat up the yolks of three eggs, put them to the rest, and having sheeted the pans with a very delicate paste, fill in the mixture, set the cakes in an oven, and bake them about ten minutes. For a plainer sort, turn three quarts of milk to curd, and drain the whey; when dry, break it in a pan, with two ounces of butter, till smooth, put thereto a pint and a half of thin cream or milk, and add sugar, cinnamon, nutmeg, and three ounces of currants.

Lemon or Orange Cheesecakes.

Grate the rind of three, and take the juice of two lemons, or Seville oranges, mix with them three sponge biscuits, six ounces of fresh butter, four ounces of sifted sugar, a little grated nutmeg and pounded cinnamon, half a glass of cream, and three eggs well beaten, work them with the hand, and fill the pans, sheeted with puff-paste. Lay on the top some slices of candied lemon peel.

Bread Cheesecakes.

Slice a penny roll very thin, then pour thereon a pint of boiling cream, and let it stand two hours. Then take eight eggs, half a pound of butter, and a nutmeg grated. Beat

these well, and mix the same with the cream and bread, adding thereto half a pound of currants, and a spoonful of white wine or brandy. Bake the cakes in pattepanes or raised crust.

Almond Cheesecakes.

Blanch six ounces of sweet and half an ounce of bitter almonds. Set them to dry half an hour in a stove or before the fire, then pound them in a mortar, with two table-spoonful of rose or orange-flower water. Put into a stewpan half a pound of fresh butter, set it in a warm place, and make it smooth with the hand, then add to it the almonds, with six ounces of sifted lump sugar, a little grated lemon peel, some cream, and four eggs; rub the whole together, then cover a pattepan with puff-paste, fill in the mixture, ornament it with candied lemon peel and split almonds, and bake it half an hour.

Potato Cheesecakes.

Beat three ounces of lemon peel with double the quantity of lump sugar in a mortar, to which add half a pound of mealy potatoes boiled and mashed. Beat up the whole again with six ounces of butter melted in cream, mixing with it two ounces of currants. When cold, put paste into some pattepanes, fill them half way, sift over them a little fine sugar, and bake them half an hour.

Rice Cheesecakes.

Boil a quarter of a pound of rice in three pints of milk till tender, then put in four eggs well beaten, half a pound of butter, half a pint of cream, six ounces of sugar, and a little rose water, with some grated nutmeg and powdered cinnamon. Beat the whole together, put it into crusts raised for the purpose, and bake them on tin. Some currants and brandy may be added.

JELLIES AND JAMS.

Calf's Foot Jelly.

Boil four feet, but take care to purchase them of the butchers, for those sold at tripe shops are dressed till all the gelatine is lost. Divide each into two parts, clear away the fat from between the claws, wash them in warm water, then put them into a stewpan, and cover them with cold water. When it begins to boil, skim it well, and let it boil gently six or seven hours, that it may be reduced to two quarts. Strain it through a sieve, and skim off all the oily part. By letting the jelly stand till cold, you may take off the oily particles easily,

some pieces of thin sinking paper. Then put the liquor into a stewpan to melt, with a pound of lump sugar, the rind of two and the juice of six lemons, six whites of eggs and the shells beaten together, and a bottle of sherry or Madeira. Whisk the whole till it is on the boil, then put it by the side of the stove, and let it simmer a quarter of an hour; after which, strain it through a jelly-bag, backward and forward till it runs clear and becomes transparent. Put the jelly into moulds, and if the weather is warm, add some ice, or if it is too stiff, put in some isinglass with the wine. It may be flavoured by the juice of any kind of fruit. Ten shank bones of mutton will yield as much jelly as a calf's foot.

Hartshorn Jelly.

Boil half a pound of hartshorn shavings in a gallon of water till reduced one-third. Strain it, and let it cool, then melt it again, and put in orange and lemon peel to colour it, skim, and add thereto half a pint of white wine, the juice of two lemons, and half a pound of lump sugar. Beat up the whites of four eggs to a froth, stir all together, and pour it in. Let it boil two or three minutes, and when it is curdled and perfectly white, have ready a jelly-bag suspended over a china basin, into which pour the jelly, repeating it several times till it is perfectly clear. Then set another basin under it, have your glasses clean, and fill them. Take some thin rind of lemons, and when you have half filled your glasses, throw the peel into the basin. After running all the jelly through the bag, fill the rest of the glasses, which will have the appearance of amber. Put in sugar and lemon to your taste.

Currant Jelly.

Take some ripe red or black currants, with one-third of white ones, and put them after picking into a preserving pan, over a good fire, to dissolve. Run the liquor through a flannel bag, and to a pint of juice, if the fruit is red, add fourteen ounces of sifted sugar, but more if black. Boil the whole quickly, skim it, and reduce it to a proper thickness. When put into glasses or pots, put over them some paper dipped in brandy.

Raspberry Jelly.

Wash your fruit well, put it over the fire in a preserving pan, stirring it all the time. When on the boil, take it off, and strain it through a hair sieve, taking care to let no seed pass. Put the jelly into a pan, and boil it twenty minutes before the sugar is put in. Stir it all the time, then add fourteen ounces of sugar to each pound of jelly, and let it boil about a quarter of an hour, stirring it constantly. When cold, put it into pots, with sifted powdered sugar over all.

Apple Jelly.

Pare, core, and quarter any quantity of good apples, cover them well with water, and let them boil till soft. Drain them through a sieve into a pan, and in the mean time have ready a syrup made by boiling the rinds and cores in water, strain it off, and boil it with a sufficient quantity of sugar to make it rich. Take as much of this as of the juice which passes through the sieve, and boil it thoroughly. Then add the jelly, and boil all together about eight or ten minutes. This jelly should be kept covered with paper dipped in brandy, like all others made of fruit.

Gooseberry Jelly.

Boil a quart of gooseberries red or green, but not over ripe, in as much water, till they mash. Then drain all the juice through a sieve or jelly-bag, and having boiled up very high, as much common syrup as there is of juice, mix the whole, and keep on boiling together for about ten minutes, skimming it all the time.

Rice Jelly.

Boil four ounces of rice flour with half a pound of lump sugar in a quart of water, till the whole becomes glutinous, then strain off the jelly and set it to cool. This is very nutritious for weak stomachs.

Savoury Jelly.

Put some slices of veal and ham into a stewpan, with a carrot or turnip, and two or three onions. Cover it, and place it over a slow fire till the whole is of a brown colour. Then put in a quart of clear broth, some whole pepper, mace, a little isinglass, and salt. Boil it ten minutes, strain it, and skim off all the fat, after which, put in the whites of three eggs. Then run it several times through a bag, till it is clear, and fit to put into the glasses.

Orange Jelly

Grate the rind of two Seville and two China oranges, and also of two lemons. Squeeze the juice of six more oranges, three of each sort, and strain it, then add the juice of a quarter of a pound of lump sugar, and a quarter of a pint of water, and boil it till it becomes almost a candy. Have ready a quart of isinglass jelly, made with two ounces, put it to the syrup, and boil it once. Strain off the jelly, and let it stand to cool, before it is put into pots or glasses.

Fruit in Jelly.

Put into a basin half a pint of calf's feet jelly, and when it is set, lay therein three peaches, with a bunch of grapes, the stalk upwards. Lay over them a few vine leaves, and then

fill up the bowl with jelly. Let it stand till next day, and then set the basin in a pan of hot water, which, by causing the jelly to give way, will enable you to turn it out easily for the table.

Blanc Mange.

Boil an ounce of isinglass in a pint of milk, pound four ounces of sweet and seven bitter almonds very fine, mix the same with a little orange-flower water, mace, cinnamon, nutmeg, and sugar. Strain the isinglass and milk to the almonds, and boil the whole together, then pass it through a sieve, after which, fill the moulds, and let them stand till cold.

Jaun Mange.

Boil three-quarters of an ounce of isinglass, and half a pint of water together till the first is dissolved, then put in the rind and juice of a lemon, half a pint of sweet wine, and sugar. After boiling some time, let it stand till nearly cold, and then add four yolks of eggs. Put it over the fire till it is very hot, but not boiling, then strain it through a fine sieve, and keep stirring it till cold.

Raspberry Jam.

Mash the fruit, which must be perfectly ripe and dry, then strew over it an equal weight of lump sugar, and half as much of the juice of white currants. Boil the whole half an hour over a clear fire, skim it well, and put it into pots or glasses, tied over with paper dipped in brandv. The sooner the fruit is used after gathering, the better.

Strawberry Jam.

Pick the fruit from the stalks, and add thereto a little red currant juice. Beat and sift an equal quantity of sugar to the fruit, and put the whole into a preserving pan. Set it over a clear fire, skim, and boil it twenty minutes, and put the jam into glasses.

Black Currant Jam.

Pick your currants from the stalks, bruise them well, and to every two pounds add one and a half of pounded lump sugar. Boil the whole half an hour, skim, and stir it all the time, and put it into pots. Red or white currants may be used in the same manner.

Barberry Jam.

Pick the barberries clean, bake them in an earthen pan, and when done, pass them through a sieve with a wooden spoon, add to them their equal weight of pounded sugar, mix the whole, and put it into pans covered with sifted sugar, and papers dipped in brandy.

Apricot Jam.

Stone the fruit, which must be thoroughly ripe, then put the apricots, with bruised kernels, into a copper preserving pan, and mash them, set them over the fire, continuing to stir and beat them all the time. Then pass them through a colander, after which, boil the fruit ten minutes, stirring it continually, then put in fifteen ounces of powdered sugar to every pound of apricots, let them boil together half an hour, stirring the whole all the while, that it may not burn. When done, put it into pans, and as soon as cold, add some apple jelly to it, covering the whole with brandied paper. Peach jam may be made in the same way.

Gooseberry Jam.

Pick out the seeds of full-grown but not ripe gooseberries. Put them into a pan of water, and afterwards on a sieve to drain. Beat them in a marble mortar, with their weight of sugar. Boil a quart to a mash in as much water, then squeeze it, and to every pint of liquor add a pound of fine sugar. Continue to boil and skim the liquor, after which put in the green gooseberries, and when the whole becomes thick and of a good colour, take it off, and put the jam into glasses. To make gooseberry jam for tarts, put twelve pounds of the hairy sort, gathered in dry weather, into a preserving pan, with a pint of currant juice, let them boil quick, and beat them with a spoon; when they begin to break, put in six pounds of Lisbon sugar, and simmer the whole slowly.

CREAMS, ICES, AND SYLLABUBS.

An excellent Cream.

Boil half a pint of cream, and as much milk, with two bay leaves, a little lemon peel, a few almonds beaten to paste, with a drop of water, a little sugar, orange-flower water, and a tea-spoonful of flour rubbed down with some cold milk. When cold, add some lemon juice, and serve it up in cups or glasses.—Another method is, to whip three-quarters of a pint of rich cream to a froth, with some scraped lemon peel, a little of the juice, half a glass of sweet wine, and sugar. Lay it on a sieve, next day put it into a dish, and ornament it with small puff-paste biscuits, and fine sugar sifted over all.—Or, you may glaze it with isinglass, and border the dish with macaroons.

Tea Cream.

Boil a pint of cream, a few coriander seeds washed, a stick of cinnamon, a little lemon peel, and some sugar, ten minutes,

adding thereto a small cupful of strong green tea. Then take the whites of six eggs beaten up, and strain the cream to them, whisk it over the fire till it thickens, then fill cups or a deep dish, and when cold, garnish it with ratifia. Virgin cream may be made in the same manner, by substituting slices of lemon for the tea. Coffee cream is also made in this way, only boiling an ounce of coffee instead of the tea.

Brandy Cream.

Boil two dozen of almonds blanched, and a few pounded bitter ones, in a little milk. When cold, add thereto the yolks of five eggs, beaten well in a little cream, sweeten it, and put in two glasses of the best brandy, and when well mixed, pour to it a quart of thin cream, set it over the fire, but without boiling. Stir the whole one way till it thickens, then pour it into cups or glasses.

Pastry Cream.

Put into a pint of cream half a table-spoonful of pounded cinnamon, some grated lemon peel, three table-spoonsful of flour, two ounces of oiled fresh butter, eight yolks and three whites of eggs well beaten, half a pound of powdered sugar, and a table-spoonful of orange-flower water. Set these over a fire, and when the whole begins to thicken, add thereto a quarter of a pound of ratifias, and two ounces of citron pounded. After being well mixed and cold, cut it into shapes, and dip them singly into the yolks of raw eggs, then add bread crumbs, and fry them in boiling lard till they are of a light colour, drain them dry, and serve them up hot.

Ratifia Cream.

Boil three or four laurel, peach, or nectarine leaves, in a pint of cream, then strain it, and when cold, add the yolks of three eggs beaten and strained, with sugar, and a large spoonful of brandy stirred quickly into it. Scald the whole till thick, and stir it all the time.—Or, mix half a quarter of a pint of ratifia, as much mountain wine, the juice of two or three lemons, a pint of cream, and as much sugar as will make it pleasant. Beat it with a whisk, and put it into glasses.

Lemon Cream.

Put a quart of cream, with the rind of a lemon, into a saucepan, over a fire, and keep it well stirred till it gets warm. Then having well sweetened the pulp and juice of three lemons, add half a gill of orange-flower water, and six whites with two yolks of beaten eggs, put them to the cream, and stir the whole till it thickens, then take it off, strain it into a dish or glasses, and let it stand till cold.

Yellow Lemon Cream.

Pare four lemons thin, and put the same into twelve large spoonsful of water, and squeeze out the juice over seven ounces of finely pounded sugar. Beat up the yolks of nine eggs, add the peel and juice after beating them together for some time then strain the whole through a flannel into a saucepan, set it over the fire, and stir it one way till thick and scalding-hot. Pour the mixture into jelly glasses, with a few lumps of sugar that have been rubbed hard on the lemons. White lemon cream may be made the same way, only putting in the whites of the eggs instead of the yolks.

Orange Cream.

Boil the rind of a Seville orange tender, beat it fine in a mortar, put to it a spoonful of brandy, the juice of the orange, four ounces of lump sugar, and the yolks of four eggs; beat all together for ten minutes, then gradually pour in a pint of boiling cream; continue to beat the whole till cold, and put it into custard cups, which must be set into a deep dish of boiling water. Let them stand till cold. Put on the top of each strips of preserved orange peel cut thin.

Imperial Cream.

Boil one quart of cream with the thin rind of a lemon, then stir it till nearly cold, and put the juice of three lemons into a dish with some sugar, pour the cream from a teapot upon the juice, holding it high up, and moving it about that it may mix the better.

Almond Cream.

Beat four ounces of blanched sweet almonds and a few bitter ones in a mortar, with a tea-spoonful of water. Put the paste to a quart of cream, and add the juice of three lemons, sweetened with sugar; beat it up with a whisk to a froth, and fill the glasses with some of the liquor, and the froth at top.

Snow Cream.

Put to a quart of cream, the whites of three eggs well beaten, four spoonsful of sweet wine, sugar, and a little lemon peel. Whip it to a froth, take out the peel, and serve the cream in a dish.

Burnt Cream.

Boil a pint of cream, with a stick of cinnamon, and some lemon peel, take it off the fire, and pour it to the yolks of four eggs, stirring the whole till nearly cold. Then sweeten it, and take out the spice and peel. Pour it into a dish, and when cold, strew white sugar over it, and brown it with a salamander.—Or, you may make a custard without sugar, and

after which, boil some lemon peel in it. When cold, sift white sugar over it, and brown the surface with a salamander.

Sack Cream.

Boil a pint of cream, the yolk of an egg beaten, two or three spoonsful of white wine, sugar, and lemon peel; stir the whole over a gentle fire till it is as thick as rich cream, and when taken off stir it again till it is cold. Serve it in glasses, with pieces of toast.

Chocolate Cream.

Boil an ounce of scraped chocolate in a pint of cream, and as much milk, with a quarter of a pound of lump sugar. When smooth, take it off, and while it cools, whisk up the whites of six or eight eggs, pour it into glasses, take up the froth of the eggs with a spoon, lay it on sieves, then put it in the glasses, that some of it may rise above the cream.

Hartshorn Cream.

Boil four ounces of hartshorn shavings in three pints of water till reduced to half a pint, run it through a jelly bag, put thereto a pint of cream, and give it a boil. Pour it into jelly glasses, let them stand till cold, and by dipping the glasses into scalding water, the contents will come out entire. Stick over them slices of almonds cut in lengths.

Codlin Cream.

Pare and core twenty codlins, beat them in a mortar, and put thereto sugar, bread crumbs, and a glass of wine. Stir it thoroughly.

Whipt Cream.

Mix the whites of eight eggs, a quart of cream, and half a pint of sweet wine, with some double-refined sugar. Perfume it with musk or ambergris tied up in a bag, and steeped a little in cream. Whip it up with a whisk, and lemon peel tied in the middle of it. Take off the froth, and lay it in glasses or basins.

Cream for Pies.

To a pint of new milk, add a few coriander seeds, a bit of lemon peel, a laurel leaf, a stick of cinnamon, four cloves, a blade of mace, and sugar. Boil the whole ten minutes. Into a stewpan put the yolks of six eggs, and half a spoonful of flour, strain the milk to these, and set the whole over a slow fire, whisk it till of a good consistence, and when cold, put it over your pies.

Spinach Cream.

Beat the yolks of eight eggs with a spoon or whisk, sweeten them, and add a stick of cinnamon, a pint of cream, and three-

quarters of a pint of milk. Stir the whole, and put in a quarter of a pint of spinach juice, set it over a gentle fire, and stir it all one way till thick. Put into a custard dish some Naples biscuits, or preserved orange peel, and pour the cream over them.

Spanish Cream.

Take three spoonsful of flour of rice sifted, the yolks of three eggs, three spoonsful of water, and two of orange-flower water. Put thereto a pint of cream, set it over the fire, and keep stirring it till thick, after which pour it into cups.

Steeple Cream.

Put five ounces of hartshorn and two of isinglass into a stone bottle, fill it up with water, add a little gum arabic and gum dragon, then tie the bottle close, and set it in a pot of water, with hay at the bottom. When it has stood six hours, take it out, and let it remain an hour before it is opened. Then strain off the liquor, and it will be a perfect jelly. Take a pound of blanched almonds, beat them, mix the same with a pint of cream, and let it stand a little, then strain it off, and mix it with a pound of jelly. Set it over the fire till it is scalding-hot, and sweeten it with fine sugar. Take it off, put in a little amber, and pour it into small pots. When cold, turn out the contents of the pots, and intermix them with cold cream in heaps.

Barley Cream.

Boil a little pearl barley in milk and water till tender, and then strain off the liquor. Put the barley into a quart of cream, and let it just boil. Take the whites of five eggs, and the yolk of one, and beat them up with a spoonful of fine flour, and double the quantity of orange-flower water. On taking off the cream from the fire, mix in the egg by degrees, and then set the pan on again. Sweeten the cream to your taste, and when thick, pour it into basins.

Barberry Ice Cream.

Put a spoonful of barberry jam into a basin, with one pint of cream, squeeze in the juice of a lemon, and mix the whole with the addition of some cochineal to colour it. Put it into the freezing pot, and having covered it, place it in a pail, in the middle of ice, over which throw some salt. Turn the pot round for ten minutes, then open and scrape it from the sides, cover it again, and keep turning till the cream is as thick as butter, put it into moulds, and set them in a pail covered with ice and salt for three-quarters of an hour, till the water comes up to the top. Use plenty of salt, or the cream will not freeze. Dip the mould in water, and turn out

the cream on a plate, when about to send it to table. Other fruits may be done in the same way.

Scalded or Clouted Cream.

In Devonshire, scalded cream is in general use, nor is butter made of any other. It forms a delicious article for tea, coffee, and fruit pies, being in fact superior to custard. The method of preparing it is this:—The new milk is set in broad shallow pans, and placed the day following over a stove or slow fire. When the cream begins to wrinkle, and to form a ring on the side of the pan, it must be removed, and set to settle till cold, after which it may be taken off, and put into basins or jugs.

Trifle.

Lay some ratifias and macaroons at the bottom of a dish, and pour thereon as much sweet wine as they will absorb, then add some rich cold custard with rice flour, till it is two or three inches thick, next put in a layer of raspberry jam, and cover the whole with a high whip, made the day before of cream, the whites of two eggs well beaten, sugar, lemon peel, and wine. Another whip for a trifle is thus made:—Put a pint of cream into a freezing pot, and set it in a little ice in an ice-pail. Then whip the cream with a whisk, mix wine and the rind of an orange in a basin, and add the juice of the fruit, with sugar to your taste. Put in your cream, and mix it well, then pour the liquor into a dish, and the cream over it. Garnish with biscuits.

To prepare Ice.

Break a few pounds of ice very fine, and add thereto a quantity of salt. Lay the whole in a pail, which must be set in a very cool place. Put cream into an ice-pot, cover it, and immerse it in the ice. Draw the ice all round the pot, then put a spatula or wooden spoon in, and stir it well, removing those portions of ice that adhere to the sides to the middle. If the cream assumes a form, shut the bottom close, and keep the whole moving in the ice. The pail or bucket should have holes to let off the ice when it thaws.

Ice Waters.

Rub some fine sugar on the rind of lemons or oranges, then squeeze out the juice on the peel. Add water and sugar to make a sherbet, and strain it off previous to putting it into the ice-pot.

Barberry Water Ice.

Put a spoonful of barberry jam into a basin, squeeze thereto one lemon, and add a pint of water with a little cochineal in it. Pass it through a sieve, and freeze it till it becomes thick

enough for the moulds. Raspberry and strawberry ices are done the same way.

Pine-Apple Water Ice.

Take two glasses of pine syrup, squeeze in the juice of two lemons, and add a pint of water. If it is to be in the shape of a pine, close it well, and line the mould with a sheet of paper before the ice is put in, after which, let it remain an hour, covered with ice and salt, and turn it out.

China Orange Water Ice.

Rasp a China orange, and squeeze out the juice of three, with that of one lemon, add thereto a couple of glasses of syrup, and half a pint of water. Pass it through a sieve, and freeze it till thick and rich. Any fresh fruit may be done much in the same manner.

Orange Essence for Ice.

Rasp the rind of a dozen and a half of China oranges, and squeeze in the juice of six of them, mix the whole well, and boil it with some syrup about twenty minutes, stirring it all the time. When cold, put it into bottles for use. Lemon essence may be made the same way, only with a smaller quantity of fruit.

Currant Water.

Mix two spoonsful of currant jelly with warm water, add thereto one gill of syrup, squeeze in two or three lemons, fill the basin up with water, and sweeten it to your palate, putting in a little cochineal for a colouring.

Fresh Currant Water.

Press a quart of currants through a sieve, put in two spoonsful of pounded sugar, squeeze in a lemon, and fill the basin up with water.

Raspberry Vinegar Water.

Put a pound of raspberries into a basin, pour thereon one quart of white wine vinegar, let it stand till next day, and then strain the liquor over a pound of fresh fruit, and do the same on the day following, but without pressing the raspberries. The last time pass it through a canvass, wetted with vinegar. Pour the liquor into a stone jar, with one pound of sugar to every pint, stir it when dissolved, then put the jar into a pan of water on a hot hearth, simmer and skim it. When cold, bottle it for use.

Syllabubs.

For a common syllabub, put a pint of cider and a bottle of strong beer into a bowl, grate thereto a nutmeg, and sweeten it to your palate. Then milk from the cow as much as will make a strong froth. Let it stand an hour, and then put some clean currants that have been simmered over the fire.

For a richer sort, put a bottle of port, a pint of Madeira, sherry, or old mountain, with half a pint of brandy, into a bowl, add some grated nutmeg and lump sugar, then milk in two quarts, and put in more nutmeg. Sometimes syllabubs are made with red wine alone. Another way is, to milk into a bowl over a quart of cider, double the quantity of milk, adding thereto a large glass of brandy, with sugar and nutmeg. If a cow is not near, some warm milk poured out of a tea-pot from a considerable height will be a good substitute.

In the western counties, they make their syllabubs thus:—Put a pint of red port and as much white wine into a bowl, with sugar, and then milk it nearly full, after which, it is covered with scalded cream, some grated nutmeg, pounded mace, and cinnamon.

Whipped Syllabubs.

Take a quart of cream, a pint of white wine, the juice of a lemon, and one Seville or two China oranges, with a large glass or two of brandy, a gill of orange-flower water, and pounded sugar. Whip it up well, and as the froth rises take it off, and lay it on the back of a sieve to drain. If it does not rise well, add the whites of two eggs. When done enough, put a little of the liquor into glasses, grate thereon some nutmeg, and fill them up with froth. It may be coloured with cochineal, or by using red instead of white wine.

For an everlasting whipped syllabub, take a quart of cream, half a pint of old hock, as much sack, three lemons, and one pound of double-refined sugar. Beat the last, and sift it over the cream, then pare the yellow rind from the lemons, and the rind of a Seville orange, or preserved essence, add this to the rest, and squeeze in the juice of the lemons into the wine, with a little orange-flower water. Having mixed the whole well, whip it for half an hour with a whisk, and then fill up the glasses. It will keep for a fortnight.

Spanish Syllabub.

To two quarts of new milk, put a quarter of a pint of blanched almonds well beaten, a glass of lemon juice, half a one of rose water, as much of the juice of strawberries or raspberries, a pint of white wine, and one pound of powdered lump sugar. Mix the whole well, and whip it up till it froths.

Lemon Syllabubs.

Take a quarter of a pound of lump sugar, and rub it on two lemons, till all the essence is extracted. Then put the sugar into a pint of cream, and as much white wine. Squeeze to this the juice of both the lemons, and let it stand two hours. Then mill it with a chocolate mill to raise the froth, which must be taken off with a spoon as fast as it rises.

Lay it on a hair sieve to drain, and then fill the glasses with the remainder, putting the froth over all. Let them stand during the night, and they will be fit for use.

A Devonshire Junket.

Put into a bowl some new milk warm from the cow, and turn it with rennet, then add some scalded cream, with sugar and pounded cinnamon on the top, and serve it without breaking the curd.

Curds and Cream.

To three or four pints of warm milk, add some runnet, and when it curdles, take it out with a saucer, and drain it through a colander of earthenware. Fill it up as the whey drains off, without breaking the curd. Cream, wine, sugar, and lemon, may be added on serving it.

A Curd Star.

Set a quart of new milk over the fire, with two or three blades of mace, and when about to boil, put in the yolks and whites of nine eggs well beaten, with a little salt. Let it boil till the whey is clear, then drain it through a fine cloth or sieve, season it with sugar, cinnamon, rose water, orange-flower water, and white wine, moulding the whole into the form of a star. Let it stand some time before you turn it out into a dish, and then lay round it some cream or custard.

A Hedgehog.

Beat two pounds of blanched almonds in a mortar, with some white wine, and a little orange-flower water. Work the whole into a paste, and beat in the yolks of twelve and the whites of seven eggs. Put to it a pint of cream, with some sugar, and set it over a clear fire. Keep it constantly stirring till thick enough to take a shape. Then stick it full of blanched almonds, so as to have the appearance of bristles. Beat up into a pint of cream, the yolks of four eggs, and sweeten it to your palate. Stir the whole over a slow fire, and when hot, pour it into the dish, and let it stand till cold.

Gooseberry Fool.

Put a quart of green gooseberries into a stone jar, with some pounded sugar, and a very little water; place it on a stove, or in a pan over the fire. When the fruit is tender, press it through a colander or hair sieve, with some more sugar, and let it stand till cold. Then put a pint of cream or new milk into a stewpan, with some lemon peel, six cloves, a stick of cinnamon, a few coriander and angelica seeds, and some sugar. Next beat up the yolks of four eggs, with flour and water, strain the milk thereto, whisk the whole well over the fire

to prevent curdling, and before it boils, set the pan in cold water, stir the cream two or three minutes, and put it by to cool. Then mix the gooseberries and cream together, gradually, with some grated nutmeg, and serve it up.—Or, you may pulp the gooseberries as here directed, then beat up the yolk of an egg, with sugar and grated nutmeg, stir the whole gently into a quart of boiled milk over a slow fire till it simmers, and then take it off, put in the fruit by degrees, and serve it when cold. Apple fool may be made in the same manner.

Orange Fool.

Mix the juice of three Seville oranges, three eggs well beaten, and a pint of cream, a little nutmeg, cinnamon, and sugar. Set the whole over a fire, and stir it till thick, but without boiling. When done, pour it into a dish, and let it stand till cold.

Raspberry Postilla.

This is a preparation much in request among the Russians. Put some raspberries into an earthen pan, and set it in a moderately heated oven all night. Next day mash the fruit, press it through a sieve, add thereto about one-fourth of its weight of honey, and set it in the oven for another night.

Apple Postilla.

Bake some codlins or other sharp apples, pulp them through a sieve into a pan, and beat them with a wooden spoon four hours, then add as much honey as will sweeten it, and continue beating for the same length of time. Pour a thin layer of the mixture on a cloth spread over a tray, and bake it in a slow oven, with pieces of wood placed underneath. When done, turn it, place thereon a fresh layer, and proceed with it in the same manner till the whole is baked.

Another way is, to peel and core the apples after baking them, then mixing sugar with them, and beating up the whole till it froths, after which, put it into trays, and bake it two hours. Then put on another layer of apple and sugar, and so on till all is done. Sometimes yolks of eggs are beaten up to a froth, and mixed with the fruit.

Frosted Codlins and Cream.

Boil slowly some codlins in spring water, with a bit of roche alum; when a little more than half done, peel off the skin, rub them over with oiled butter, and sift on them plenty of fine sugar. Lay them on a tin, and set it in a slow oven till the sugar has a frosty appearance, when they will be ready to be served with cream.

To scald Codlins.

Wrap each codlin in a vine leaf, and then put the whole into a saucepan close together, after which, cover them with cold water, and set them over a gentle fire to simmer slowly. When nearly done, take off the skin, and place the codlins in a dish, with milk, cream, or custard, and fine sugar.

Stewed Golden Pippins.

Core them, pare them thin, and throw them into water. For every pound of fruit, make a syrup with half a pound of refined sugar and a pint of water. Skim it well, and put in the pippins to stew till clear, then grate some lemon peel over them, and serve them in the syrup.

Stewed Pears.

Pare and quarter some pears according to the size, take off the skin, and throw them into water, then pack them close in a tin stewpan, sprinkling over them a quantity of sugar, with the addition of lemon peel, one or two cloves, and allspice broken, cover them with water, and put in some red wine. Cover them close, and stew them three or four hours. When tender, take them out, and pour off the liquor.

Baked Pears.

Wipe the fruit without paring them, lay them on tin plates, and put them into a slow oven. When soft enough, flatten them with a silver spoon. After they are thoroughly baked, put them into a dish. It is best, however, to return them to the oven again two or three times before sending them to table.

Black Caps.

Divide some baking or boiling apples in halves, pare them, and clear out the cores. Next pound together some cloves, with lump sugar and grated lemon peel, and fill up the space which the cores occupied with this mixture. Lay each half with the flat side downwards in a baking dish, add some water, in which cinnamon and sugar have been boiled, set them in a moderate oven, but let them not bake too much. When done, serve them up cold, with the liquor poured over them, and carraway seeds separately. Sometimes they are dressed in a stewpan closely covered, over a slow fire, and the tops afterwards blackened with a salamander.

Biscuits of Fruit.

To the pulp of any fruit that has been scalded, add an equal quantity of sifted sugar, beat the whole two hours, then put it into little paper forms, dry them in a cool oven,

turn them the next morning, and in two or three days they may be put into boxes for occasional use.

Lent Potatoes.

Beat three or four ounces of blanched almonds, and three or four single bitter ones, with a little orange-flower water, add thereto eight ounces of butter, four eggs well beaten and strained, half a glass of white wine, and sugar. Beat the whole till smooth, and grate thereto three Savoy biscuits. Make the composition into balls, with a little flour, each of the size of a chesnut, throw them into a stewpan of boiling lard, and let them remain over the fire till they are of a rich yellow colour. When taken out, drain them in a sieve, and serve them with sweet sauce in a boat.

Wine Roll.

Soak a French roll in sweet wine till it will hold no more, put it into a dish, and pour round it custard or cream, sugar, and lemon juice. Previous to serving it, sprinkle thereon some comfits, or a few split almonds. Sponge biscuits may be substituted for the roll.

Snow Balls.

Pare a quantity of apples, take out the cores, and put in the place of them some finely shredded lemon peel, about half a clove, or a little cinnamon or mace, and sugar. Then having washed some rice, soak it in milk, lay as much of it on thin cloths as there are apples, which must be rolled up in them, and each tied separately like dumplings. Set them over the fire in a pot of cold water, and boil them a little more than an hour. Turn them gently into the dish to prevent breaking. They may be served with sweet sauce, made of sugar and butter, grated nutmeg, beaten cinnamon, and a glass of white wine, or with melted butter and sugar only.

A Dish of Snow.

Put twelve apples over the fire in cold water till soft, then lay them on a sieve, skin them, and put the pulp into a basin, beat up the whites of twelve eggs to a froth, then sift over them half a pound of double-refined sugar, beat the pulp of the fruit to a froth also, after which, beat up the whole till it looks like snow. Put it on a dish, and stick a sprig of myrtle in the middle. This is merely an ornament.

Floating Island.

Put a deep glass dish into one of china, sweeten a quart of thick cream, with powdered sugar, pour in a gill of mountain wine, and rasp thereto the yellow part of a lemon, whisk the cream, and put the thin froth into a dish. Cut some Naples biscuits very fine, put a layer of them on the cream,

then a layer of currant jelly, then another of biscuit, and over that the rest of the cream. Garnish at pleasure.

A Lemon Honeycomb.

Sweeten the juice of a lemon to your taste, and put it into a dish. Mix the white of an egg, that has been beaten with a pint of rich cream, and a little sugar, whisk it, and as the froth rises, lay it on the juice. It must be prepared the day before it is used.

CAKES, BUNS, AND BISCUITS.

A Common Cake.

Mix three-quarters of a pound of flour with half a pound of butter, four ounces of fine Lisbon sugar, as many eggs, half an ounce of carraways, and a glass of raisin wine. Work it well, and bake it in a quick oven.

A good common Cake.

Rub eight ounces of butter in two pounds of flour, mix it with three spoonsful of yeast to a paste. Let it rise an hour and a half, then mix in the yolks and whites of four eggs, beaten separately, one pound of sugar, a pint of milk to make it of a proper thickness, a glass of sweet wine, the rind of a lemon, and one tea-spoonful of ginger. Add either a pound of currants, or some carraways, and beat the whole well.

A fine common Cake.

Wash two pounds and a half of fresh butter, first in water, and next in rose water, beat it to a cream, beat also twenty eggs, yolks and whites separately, half an hour each. Take two pounds and a half of flour, kept hot, a pound and a half of sugar powdered and sifted, one ounce of pounded spice, three pounds of currants, half a pound of almonds blanched, and three-quarters of a pound of sweetmeats. Keep all these by the fire, mix the dry ingredients, pour the eggs, strained, to the butter, mix half a pint of sweet wine with a glass of brandy, pour it to the butter and eggs, mix them well, then put all the dry things in by degrees, beating them thoroughly. Next take half a pound of stoned jar-raisins chopped as fine as possible, mix them carefully, and add a tea-cupful of orange-flower water. Beat the ingredients together for an hour. Have a hoop well buttered, or a tin pan, take a white paper, doubled and buttered, and put round the edge, if the cake is batter, fill it more than three parts, to allow space for rising. Bake it in a quick oven. It will take three hours.

Flat Cakes that will keep long.

Mix two pounds of flour, one pound of sugar, and one ounce of caraways, with four or five eggs, and a few spoonful of water, to make a stiff paste, roll it thin, and cut it into any shape. Bake them on tins lightly floured. While doing, boil a pound of sugar in a pint of water to a thin syrup, and when hot, dip each cake into it, and put them on tins into the oven to dry for a short time, and when the oven is cooler still, return them again, and let them stay four or five hours.

Small White Cakes.

Dry half a pound of flour, and rub into it a little powdered sugar, one ounce of butter, an egg, some caraways, with milk and water enough to make a paste. Roll it out thin, and cut it into small cakes, by pressing it with a tea-cup or glass. Bake them a quarter of an hour on tin plates.

Short Cakes.

Rub into one pound of flour, four ounces of butter, the same quantity of white sugar pounded, one egg, and a tea-cupful of cream, with caraways. Do them as in the preceding article.

Derby Cakes.

Rub one pound of butter into two pounds of fine flour, add one pound of currants, the same of moist sugar, and an egg. Mix these with half a pint of milk, roll the paste out thin, and cut it into cakes. In a moderate oven they will be done in a few minutes.

Common Bread Cake.

Take about the quantity of a quartern loaf from the dough, when making white bread, and knead into it two ounces of butter, two of Lisbon sugar, and half a pound of currants. Warm the butter in a little milk; and by adding an ounce of butter or sugar, or an egg or two, the cake will be improved, and still more by putting in a tea-cupful of cream.

A Seed Cake.

To two pounds and a half of flour, add half a pound of Lisbon or powdered white sugar, make a cavity in the middle, and pour in half a pint of warm milk, and a table-spoonful of yeast, mix these with flour enough to make it as thick as cream, and set it in a warm place for one hour. Meanwhile, melt to an oil eight ounces of fresh butter, and add it to the rest, with one ounce of caraway seeds, and milk sufficient to give it a moderate stiffness. Line a hoop with paper well rubbed with butter, put in the cake, and set it some time in a stove, or before the fire, after which, bake it on a tin

plate about an hour in a hot oven. When done, sprinkle some milk on it with a brush.

Another way.

Mix a quarter of a peck of flour, with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger; melt three-quarters of a pound of butter with half a pint of milk, and when just warm, put to it a quarter of a pint of yeast, and work the whole to a dough. Let it stand before the fire a few minutes before it goes to the oven, and add some seeds or currants. It will take an hour and a half.

Plain Pound Cake.

Beat a pound of butter to a cream, and work it well, with as much sifted sugar, till smooth; beat up nine eggs, and add them gradually to the butter, continuing to beat the same twenty minutes; mix in lightly one pound of flour, put the whole into a hoop covered with paper, on a plate, and bake it an hour in a moderate oven.

Plum Pound Cake.

Follow the preceding directions, only adding half a pound of currants, two ounces of orange, and as much of candied lemon peel, with half a nutmeg grated.

Common Plum Cakes.

Mix five ounces of butter in three pounds of flour and five ounces of fine sugar, add thereto six ounces of currants, and some pounded pimento. Next put three spoonsful of yeast into a pint of milk warmed, and work it with the preceding into a dough. Make twelve cakes, and bake them on a tin plate floured half an hour.—Or, dry one pound of flour, and mix it with six ounces of fine sugar, then beat six ounces of butter to a cream, and add to three eggs well beaten, half a pound of currants, with the flour and sugar; beat the whole some time, then dredge flour on tin plates, and drop the batter on them of the size of a walnut. Bake them in a quick oven.

Queen Cake.

Take a pound each of dried flour, sifted sugar, and fresh butter washed in rose or orange-flower water. Pour the water from the butter, squeeze it well, and work it by small bits at a time, with half the flour, six yolks and four whites of eggs, beaten thoroughly, and mixed with the butter. Then work in the rest of the flour and sugar, to which add three spoonsful of orange-flower water, a little beaten mace, and one pound of currants. The pans must be buttered, and only half filled. Sift over each cake some fine sugar, and set them in a quick oven.

Rice Cake.

Mix ten ounces of ground rice, three ounces of wheaten flour, and eight ounces of pounded sugar. Sift the same gradually into eight yolks and six whites of eggs, adding the peel of a lemon shredded very fine; work up the whole, and put it into a tin stewpan over a slow fire with a whisk, after which, set it in the oven in the same, and bake it forty minutes.

Twelfth Cake.

To seven pounds of flour, put two pounds and a half of fresh butter, with seven pounds of currants, two nutmegs, half an ounce of mace, and a quarter of an ounce of cloves, all finely beaten and grated, sixteen eggs, leaving out four of the whites, and a pint and a half of yeast. Warm cream enough to wet this mass, and put in mountain wine to make it as thick as butter. Beat a pound of almonds mixed with more wine and orange-flower water, and put in a pound and a half of candied orange, and lemon peel and citron. Mix the whole well, and put the cake into a hoop, with paste underneath.

Icing for a Twelfth Cake.

Take the whites of five eggs whipped to a froth, and put to them a pound of double-refined sugar powdered and sifted, adding thereto three spoonsful of orange-flower water, or lemon juice. Beat these up all the time the cake is in the oven, and when it comes out, ice it over with a spoon. Some add a grain of ambergris to the icing, but it is a perfume not generally agreeable.

The Rutland Bride Cake.

This cake was made two centuries ago by the directions of the famous countess of Rutland, on the marriage of her daughter, and the receipt is worth preserving. Take a peck of fine flour, half an ounce each of beaten mace sifted, nutmeg, and cinnamon, two pounds of fresh butter, ten yolks and six whites of eggs, and about a pint of good yeast. Beat the eggs well, strain them with the yeast and warm water into the flour, and add the butter broken into bits. The water with which the paste is made must be very hot, and when well worked, set it near the fire, covered with a warm cloth, for about a quarter of an hour. Then take ten pounds of clean currants, prepared with a little ambergris, and musk dissolved in rose water. The currants must be well dried before they are put into the cake, otherwise they will render it heavy, then fine sugar is to be strewed amongst them, and when the paste is broken into small pieces, the currants are to be added in alternate layers, one of each, till the whole are

well mixed. A piece of paste after it has risen at the fire must be taken out, before putting in the currants, to cover the cake, as well as to lay at the bottom, both being rolled thin, and wetted with rose water. The top and sides are to be pierced with a small long pin, and when the cake is about to be put into the oven, cut it with a knife in the side an inch deep all round. It will take two hours baking.

Shrewsbury Cakes.

Take one pound of flour, three-quarters of a pound of butter, five ounces of powdered sugar, a drachm of beaten cinnamon, and two eggs. Mix the whole cold, breaking the butter in bits with the hand. Having worked all into a light paste, roll it out thin, till an ounce in weight may make a cake as large as the top of a small basin, with which it may be cut into shapes. The papers on which they are laid should be buttered. They must be baked in a quick, but not too hot oven; and as they rise pricked with a bodkin. Particular care is to be observed in taking them out, otherwise being brittle they will fall to pieces.

Tunbridge Cakes.

Rub six ounces of butter into a pound of flour, then mix six ounces of sugar, beat and strain two eggs, and with the whole make a paste. Roll it out thin, and cut it with the top of a glass, prick the cakes with a fork, and cover them with caraways, or wash them with the white of an egg, and dust over them some white sugar.

Bristol Cakes.

Mix half a pound of flour with a quarter of a pound each of pounded lump sugar and fresh butter, four yolks and two whites of eggs. When well worked together in a bowl, add half a pound of currants, then rub a tin plate over with butter, drop on it the mixture to form each cake, from a table-spoon, and set it in a brisk oven.

Cream Cakes.

Beat up the whites of nine eggs to a froth, stir the same gently with a spoon, and to every egg grate the white part of two lemons. Shake in a spoonful of double-refined sugar sifted fine, lay a wet sheet of paper on a tin, and with a spoon drop on it the butter in little lumps apart from each other. Sift some sugar over them, set them in the oven after the bread is out, and close up the mouth. When browned they will be done sufficiently, then put two bottoms together, lay them on a sieve, and set them to dry in a cool oven.

Butter Cake.

Beat a dish of butter like cream, add two pounds of fine sugar, three pounds of flour, and mix the whole together. Take twenty-four eggs, leave out half the whites, and beat all together for an hour. Previous to putting the cake into the oven, enrich it with a quarter of an ounce of mace, a beaten nutmeg, a little white wine or brandy, and some seeds or currants.

Portugal Cake.

Take a pound each of the finest dried and sifted flour, powdered sugar, and fresh butter. Mix the whole well with the hand to a batter, and add thereto two table-spoonsful each of rose water and white wine, half a pound of currants, and a little beaten mace; whisk up the yolks of ten eggs with the whites of six, incorporate the whole together, butter your tin hoops or moulds, and fill them somewhat above one half, then sift a little sugar over each cake, and bake them in a brisk oven. A pound of blanched almonds beaten with rose water is sometimes added. Heart cakes are made in the same way, only in a smaller size.

Oxford Cakes.

Mix half a table-spoonful of salt with half a peck of flour, half an ounce of cinnamon, a quarter of an ounce of nutmeg, a dram of cloves, and as much mace, all finely beaten and sifted with the salt. Add three-quarters of a pound of sugar, and well work, but gradually, a pound and a half of fresh butter into the flour. It will take three-quarters of an hour in working up, then put in a quart of cream, a pint of ale yeast, a gill of mountain wine, and three grains of ambergris, dissolved in the yolks of eight and the whites of four eggs, with a gill of rose water. Mix the whole with the flour, and knead it into a paste. Lay this some time before the fire, then put in a pound of stoned and minced sun raisins, and three pounds of currants, and put the cake into a gentle oven for three hours. When done, frost the top with rose water and the white of an egg beaten together, sift over it plenty of fine sugar, and set it in the oven to dry.

Bath Cakes.

Rub a pound of butter and as much flour together, add five eggs, and a tea-cupful of yeast. Mix the whole, and set it before the fire to rise, then add a quarter of a pound of fine sugar, and an ounce of caraways, roll out the paste into small cakes, and bake them on tins.

Dutch Cakes.

Take five pounds of flour, two ounces of caraways, half a pound of sugar, a little more than a pint of milk, and three-

quarters of a pound of butter, then make a hole in the flour, and put therein a pint of ale yeast, add to it the butter and milk, work the whole into a paste, set it before the fire for an hour, then mould and roll it into thin cakes, prick them all over, and bake them a quarter of an hour.

Prussian Cakes.

Take half a pound of flour, a pound of beaten sugar, the yolks and whites of seven eggs beaten separately, the juice of a lemon, and the peels of two grated, with half a pound of almonds beaten with rose water. Mix the egg with the other ingredients, except the flour, and beat the whole together half an hour, then shake in the flour, and when the cakes are made put them into the oven.

Uxbridge Cakes.

Take one pound of flour, seven pounds of currants, half a nutmeg, and four pounds of butter. Rub the butter cold into the flour, mix the currants therewith, and knead the whole with as much good yeast as will make it a light paste, after which, let it stand an hour to rise. Half a pound of paste makes one cake.

Sponge Cakes.

Break six eggs, put the whites into one pan, and the yolks in another. Beat up the yolks with six ounces of fine loaf sugar, and a little orange-flower water, with a wooden spoon. Whisk the whites well, and put them to the yolks and sugar, but stir the latter as quick as possible. Then mix the whole with five ounces of fine flour, and put the batter into tin moulds well buttered. Previous to putting them into the oven, sift over them some powdered sugar, or give them a delicate ice.

Tea Cakes.

Put a quarter of a pound of butter to a pound of flour, mix with it as much sifted lump sugar, wet it with water, and when made up, divide the paste into two equal parts. Put an ounce of caraways to one piece, then rub it out very thin, and cut it round with a small cutter, butter a baking sheet of tin, and dredge it over with flour, lay the cakes regularly thereon, and bake them in a slow oven.

Almond Cakes.

To one pound and a half of flour, put two ounces of butter, four eggs well beaten, a quarter of a pound of sugar powdered fine, six ounces of almonds blanched and beaten with orange-flower water, and a little salt. Mix the whole well, glaze it with the yolk of egg, and bake it on buttered tins.

Apricot Cakes

Scald, peel, and stone a pound of ripe apricots. Beat the fruit in a mortar, then boil half a pound of double-refined sugar with a spoonful of water, skim it, and put it to the rest. Simmer the whole over a slow fire, stirring it all the time. Pour it into shallow glasses, turn them out upon glass plates, put them into a stove, and turn them once a day till dry.

Currant Cakes.

Take one pound and a half of fine flour, one pound of butter, half a pound of lump sugar beaten and sifted, four yolks of eggs, four spoonsful of rose water, the same of white wine, some mace, and a nutmeg grated. Beat up the eggs, and add them to the rose water and wine, with the sugar and butter. Work the whole well, strew in the currants, and flour and have them ready warmed for mixing. Make six or eight cakes, and bake them of a fine brown.

Raspberry Cakes.

Raspberries that have been used for vinegar may be made into cakes, by mixing the fruit with a little more than its weight of powdered lump sugar, forming it round, and sifting some more sugar on the top of each, after which, dry them in an oven or on a stove.

Ratafia Cakes.

Take half a pound of sweet almonds and as many bitter ones, blanch and beat them in orange-flower water, rose water, or common water. Sift a pound of fine sugar, and mix it with the almonds, have ready the whites of four eggs, mix the same with the almonds and sugar, put the whole into a preserving pan, set it over a fire, and stir it one way till it is hot; when it begins to cool, form it into small rolls, and cut them into thin cakes. Dip your hands in flour, and shake them on the cake, giving them an light touch with the finger, put them on sugared papers, and sift some fine sugar over them when you put them into a slow oven.

Quince Cakes.

Boil and clarify a pint of the syrup of quinces, and a quart or two of raspberries, over a slow fire, skim it often, then pour in a pound and a half of sugar, to which afterwards add as much more as will form a candy. Stir the whole till nearly cold, spread it out, and cut it into cakes.

Lemon or Orange Cakes

Put three spoonsful of rose water or orange-flower water to the whites of ten eggs, and beat them an hour, then pu^t

in a pound of powdered and sifted sugar, and grate in the rind of a lemon. When mixed, add the juice of half a lemon, and the yolks of ten eggs beaten smooth. Stir in three-quarters of a pound of flour, butter a pan, and bake it in a moderate oven for an hour. Orange cakes are made in the same manner.

Saffron Cakes.

Take half a peck of flour, a pound of butter, and a pint of cream or milk, set this last on the fire, to which add the butter, and a considerable quantity of sugar. Strain in some saffron to your taste, take seven or eight whites of eggs with two yolks, and seven or eight spoonsful of yeast, put the milk to it when nearly cold, with salt and coriander seeds, knead the whole well, make it into small cakes, and bake them in a quick oven.

Diet Bread Cakes.

Boil in half a pint of water, one pound and a half of lump sugar, in a pan, have at hand one pint of eggs broken, three parts yolks, pour in the sugar, and whisk it till cold, then stir in two pounds of sifted flour. Cover some square tins with white paper, fill them about three parts full, sift a little sugar over, bake them in a warm oven, and while hot take them out of the moulds.

Potash Cakes.

Mix a pound of flour, and a quarter of a pound of butter, then dissolve and stir a quarter of a pound of sugar in half a pint of milk; next mix about half a tea-spoonful of salt of tartar, crystal of soda, or any purified potash, in half a tea-cupful of cold water, and having poured the solution into the flour, work up the paste to a good consistence, roll it out, and form it into cakes or biscuits, and bake them in a brisk oven.

Biscuit Cake.

To one pound of flour, and five eggs well beaten and strained, add eight ounces of sugar, and a little rose or orange-flower water. Beat the whole well, and bake it one hour.

Caraway Cakes.

To two pounds of coarse lump sugar, put two pounds of fine flour, then sift the whole through a hair sieve, and add two pounds of butter, eighteen eggs, leaving out eight of the whites, four ounces of candied orange, and six ounces of caraway comfits. Work the butter with rose water, till the whole is blanched, then put in flour and sugar, gradually, with the eggs, which must be well beaten with ten spoonsful of white wine. Keep it constantly beating till the hoop is ready to receive it for the oven, but the sweetmeats and seeds must

not be added till the last. Lay three or four thick folds of cap paper, buttered, under the cakes, and butter the hoop also. Sift fine sugar over the cake when you put it into the oven.

Cinnamon Cakes.

Put six eggs and three table-spoonsful of rose water into a pan, whisk the whole well, and add a pound of sifted sugar, a dessert-spoonful of pounded cinnamon and flour, to make a paste; cut it out, and bake the cakes on white paper.

Chantilly Basket.

Dip ratifia cakes in a little carmel sugar, and place them round a dish, cut some ratifias into squares, dip them also in sugar, and pile them pretty high on the others. Line the inside with wafer paper, fill it with sponge cakes, sweetmeats, blanched almonds, and cream, with trifle froth over all. Garnish with rose leaves, coloured comfits, or white candied sugar.

Chantilly Cake.

Cut out a piece from the top of the savoy cake, and scoop out all the inside, lay it on the dish in which it is to be served, pour Lisbon wine into the cake, and as it absorbs, add some more with a spoon. When it can hold no more, pour off the rest into a dish, lay custard along the sides, and some in the middle, whip up some cream, as for a trifle, and put it in the body of the cake. Blanch some sweet almonds, cut them into quarters, and stick them round the edges and on the sides.

Ginger Cakes.

Beat up three eggs in half a pint of cream, put the mixture into a saucepan, and stir it till warm. Add a pound of butter, half a pound of lump sugar, and two ounces and a half of ginger powdered. Stir the whole over the fire, then pour it into two pounds of fine flour, and make a paste. Roll it out to a proper thickness, and cut it into cakes. Bake them on papers in a hot oven. They are excellent in cold weather.

Marlborough Cake.

Beat and strain eight eggs, and add to them a pound of sugar powdered and sifted. Beat up the whole three-quarters of an hour, then add twelve ounces of flour well dried, and two ounces of caraways; beat all again well, and bake it on tin plates in a hot oven.

Nun's Cake.

Mix four pounds of flour, and three of double-refined sugar beaten and sifted. Let the whole stand before the fire, and meanwhile, beat four pounds of butter with a cool hand in a deep dish, all one way, till it is like cream. Next beat

the yolks of thirty-five eggs, and the whites of sixteen. Strain this, and beat the whole with the butter till thoroughly united. Mix in four or five spoonsful of orange-flower or rose water, then take the flour and sugar, with six ounces of caraways, and strew them in by degrees. Beat the whole two hours longer, add some essence of cinnamon, butter a hoop, and bake it three hours.

Sweetmeat Cakes.

Make some puff-paste into two cakes of an equal size. Lay on one any sort of sweetmeat, but leave round the edges about the breadth of a finger vacant, to be wetted with water. Then cover this with the other cake, and join them well. After shaping as many as you like, brush them with the yolk of an egg, and put them into the oven. When done, pass a brush dipped in butter over each, and scatter sugared caraways upon them or comfits. They may also be iced, or glazed with powdered loaf sugar.

Wafer Cakes.

Rub a pound of sifted sugar into three pounds of dried flour, one pound of butter, and one ounce of caraways. Make it into a paste with three-quarters of a pint of boiling milk, roll it thin, and cut it into proper sizes, prick it full of holes, and bake on tin plates in a cool oven.

Macaroons.

Pound slightly six ounces of blanched almonds, and mix them with half a gill of water and the whisked whites of two or three eggs. Add six ounces of Lisbon sugar, and having made the whole into a paste, drop the cakes with a spoon on wafer paper laid over a baking wire, and a little sugar on them. They should be baked till of a fine brown colour, and when done, the wafer paper at the bottom and sides must be left on, the rest being taken away.—French macaroons are thus made: Beat in a mortar a quarter of a pound of blanched almonds, with four spoonsful of orange-flower water, and having whisked to a froth the whites of four eggs, mix with this a pound of sifted sugar, and make a batter to drop from a spoon. Then lay a sheet or two of wafer paper on the tin, and drop thereon at proper distances the little cakes, in the usual forms. Bake them in a brisk oven till brown and crisp.

Whigs.

Rub a quarter of a pound of butter into two pounds of flour, and with about half a pint of warm cream, and half as much ale yeast; make it into a light paste, and set it before the fire. While rising, grate a nutmeg, with some beaten mace and cloves, a quarter of an ounce of caraways, and a

quarter of a pound of sugar. Work the whole well, roll the paste out thin, and make the whigs of what form you please. When done, set them on tin plates before the fire till they rise again, and then bake them in a quick oven. The paste may also be made into a single cake, with or without comfits or caraways.

Cracknels.

Mix half a pound of flour, and as much sugar, then melt four ounces of butter in two spoonsful of white wine, next with four eggs beaten and strained, make a paste, add some caraways, roll it out as thin as paper, cut it with the top of a glass, wash the whole with the white of an egg, and throw some pounded sugar over them.

Isle of Wight Cracknels.

Sift a quart of fine dry flour, and beat up the yolks of four eggs, with a little grated nutmeg, some powdered loaf sugar, and half a glass of orange-flower or rose water, with which, when poured into the flour, make a stiff paste. Then mix gradually a pound of butter, and when thoroughly united, roll it out to a proper thickness, or the third part of an inch. Cut it into round shapes, then throw them into boiling water, and let them remain till they swim on the top. Then take them out, and put them into cold water to harden. After this, dry them slowly, wash them over with the white of egg, and bake them on tin plates in a brisk oven till they are of a light brown.

Plain Buns.

To four pounds of flour, add one pound of moist sugar, make a hole in the middle, and stir in a glass of yeast, a pint of warm milk, with flour enough to make it as thick as cream; cover it, and let it stand two hours, then melt to an oil, but not hot, one pound of butter, stir this to the other ingredients, with warm milk enough to make a soft paste, throw over it a little flour, and let the whole stand an hour. Take a baking dish rubbed over with butter, mould therein the dough into buns, each about the size of an egg, lay them in rows three inches apart, set them in a warm place till they have swollen to double their size, bake them in a hot oven, and wash them over with a brush dipped in milk. For a richer sort, mix one pound and a half of flour, with half a pound of sugar, melt a pound and two ounces of butter in some warm water, add thereto six spoonsful of rose water, and knead it into a light dough, with half a pint of yeast; then put in five ounces of caraways, and throw some upon the cakes.

Seed Buns.

Take two pounds of dough, as directed for plain buns, and mix therewith one ounce of caraways. Butter the inside of

small tart pans; mould the dough into buns, and put one in each pan. Set them to rise in a warm place, and when done, ice them with the white of an egg beat to a froth, and laid on with a paste brush. Over this throw some pounded sugar, and dissolve it by splashing water thereon with a brush. Bake them about ten minutes.

Bath Buns.

Take two pounds of flour, a pint of ale yeast, with a glass of mountain wine, and a little orange-flower water, and three beaten eggs. Knead the whole with some warm cream, a little nutmeg, and some salt. Let it rise before the fire, and then knead in a pound of butter, and as much of caraway comfits. Make the whole into buns, and bake them on floured papers in a quick oven.

Naples Biscuits.

Boil one pound of Lisbon sugar in half a pint of water, with a small glassful of orange-flower water, till the former is melted. Break eight eggs, and whisk them well together, then pour thereto the syrup boiling hot, whisking it all the while till cold, and then mix it with a pound of fine flour, lay three sheets of paper on a baking plate, and make the edges of one sheet stand up nearly two inches high. Pour in the butter, sift some powdered lump sugar over it, and set it in the oven, watching it well. When baked, let it stand till cold, then wet the paper to make it come off. Cut the biscuits into form.

Light Biscuits.

Put the yolks of five eggs into a pan, with a few crisped orange-flowers, and the peel of a lemon shredded fine. Add three-quarters of a pound of fine lump sugar, and beat the whole till this last is dissolved. Then beat the whites of ten eggs, and when well frothed, mix the same with the sugar. Stir lightly in six ounces of flower, and put the biscuits in an oblong form on some paper, sift a little fine sugar over them, and bake them in a moderate oven. Sweetmeats may be added.

Hard Biscuits.

Warm two ounces of butter in as much skimmed milk as will make a pound of flour into a firm paste, then beat it well with a rolling pin, and work it smooth. Roll it out thin, and cut it round, prick the biscuits with a fork, and bake them six minutes.

French Biscuits.

Take the weight of three new-laid eggs in flour, and an equal quantity of powdered sugar. Beat up the whites of the eggs with a whisk till they froth, then stir in half an ounce of candied lemon peel cut small and beat well; then by degrees add the flour and sugar, after which put in the yolks, and with a

spoon temper the whole together. Shape the biscuits on white paper, throw sifted sugar over them, and bake them in a moderate oven.

Common Biscuits.

Beat up six eggs with a spoonful of rose water, and one of wine, add a pound of fine powdered sugar, and as much flour, mix them by degrees with one ounce of coriander seeds, and shape them on white paper, or put them into tin moulds. Beat the white of an egg, rub them over with a feather, dust fine sugar on them, and then set them in a moderate oven till they are of a good colour. When the oven is cool, put them in again till dry.

Biscuit Drops.

Take eight eggs, one pound of double-refined sugar beaten fine, and twelve ounces of dry flour. Beat the eggs well, put in the sugar, and continue the beating, adding the flour by degrees, and beat all together without ceasing. Let your oven be well heated, then flour sheets of tin, drop the biscuits thereon, and put them into the oven quickly. Watch them as they rise, and the instant they change colour, take them out. If well done, they will have the appearance of being finely iced. Caraways may be added. When all are baked, put them into the oven again to dry.

Orange Biscuits.

Boil Seville oranges in two or three waters, till the bitterness is gone; then cut them, and take out the pulp and juice. Next beat the outside in a mortar, and put to it an equal quantity of double-refined sugar, beaten and sifted. When well mixed to a paste, spread it thin on china dishes, and set them in the sun, or before the fire. When half dry, cut it into form, turning it to dry. Keep the biscuits in layers of paper.

Savoy Biscuits.

Beat up twelve eggs, leaving out half the whites, with a small whisk. Put thereto, while whisking, two or three spoonsful of rose or orange-flower water, with a pound of double-refined sugar sifted. When the whole is like cream, take one pound and two ounces of dry flour, and mix it in with a wooden spoon. Form the batter into long cakes, sift sugar over them, and put them into a moderate oven, to avoid scorching. A common sort are made by putting in all the eggs, and leaving out the rose or orange-flower water.

Sweetmeat Biscuits.

Pound some candied lemon peel in a mortar, with orange flowers crisped. Add two spoonsful of apricot marmalade, three ounces of lump sugar, and the yolks of four eggs. Mix these thoroughly, and rub the whole through a sieve with a

spoon, then add the whites of the eggs beaten to a froth, and put the biscuits in an oblong form on white paper, with sugar over them, and bake them in a moderate oven. The sweet-meat may be varied at pleasure.

Almond Biscuits.

Take a quarter of a pound of sweet almonds, blanch and pound them in a mortar, sprinkling them gradually with fine sugar, then beat them a quarter of an hour, with an ounce of flour, the yolks of three eggs, and four ounces of fine sugar, adding afterwards the whites of four eggs whipped to a froth. Take some paper moulds, about two fingers' square, butter them within, and put in the biscuits, throwing over them equal quantities of flour, and powdered sugar. Bake them in a cool oven, and when of a good colour, take them out. Bitter almond biscuits may be made by putting two ounces of that sort to one of the other.

Chocolate Biscuits.

Break six eggs, and put the yolks into one pan, and all the whites into another. Add to the yolks an ounce and a half of chocolate bruised fine, with six ounces of the best sugar. Beat the whole well, and put in the whites of six eggs whipped to a froth. When mixed, stir in gradually six ounces of flour, put the biscuits on white paper or in moulds buttered, throw sugar over them, and bake them in a moderate oven.

Gingerbread.

Mix with two pounds of flour, half a pound of molasses, three-quarters of an ounce of caraways, one ounce of ginger sifted, and half a pound of butter. Roll the paste into form, and bake it on tins. Or, take three-quarters of a pound of molasses, beat one egg strained; then mix four ounces of brown sugar, half an ounce of sifted ginger, a quarter of an ounce each of cloves, mace, allspice, and nutmeg, all beaten as fine as possible, with the same quantity of coriander and caraway seeds. Melt one pound of butter, and mix the above therein adding as much flour as will knead it into a good paste, then roll it out, cut it into cakes, and bake them on tin plates in a quick oven. A plain sort may be made by mixing three pounds of flour with half a pound of butter, four ounces of brown sugar, and half an ounce of pounded ginger. Make these into a paste, with one pound and a quarter of warm molasses.

Gingerbread without Butter.

Mix two pounds of treacle, and four ounces each of orange, lemon, citron, and candied ginger, all sliced thin, one ounce of coriander seeds, as much of caraways, and the same of beaten ginger, in as much flour as will make a soft paste, lay it in cakes on tin plates, and bake them in a quick oven.

Dutch Gingerbread.

Mix with four pounds of flour, two ounces and a half of beaten ginger. Then rub in a quarter of a pound of butter, and add two ounces of caraways, as much of dried orange peel powdered, some bruised coriander seeds, a little candied citron, and two eggs. Make the whole into a paste with two pounds and a quarter of molasses, beat it well with a rolling pin, and cut it into thirty cakes. Prick them with a fork, butter some papers, three double, one white and two brown, lay the cakes thereon, wash them over with the white of an egg, and put them into a moderate oven for three-quarters of an hour.

Gingerbread Nuts.

Take two pounds of fine flour, the same quantity of treacle, three-quarters of a pound of moist sugar, half a pound of candied orange peel cut small, one ounce and a half of ground ginger, one ounce of ground allspice, caraways and corianders mixed, and three-quarters of a pound of oiled butter. Blend all these well together, and let it stand some time, then roll it out in pieces, each about the size of a walnut. Lay them in rows on a baking plate, press them flat with the hand, and put them in a slow oven for about ten minutes. A richer sort may be thus made:—Put a pound of molasses in a basin, and pour thereon four ounces of clarified butter, or fresh butter melted, then stir the whole well while mixing, and add an ounce each of candied orange peel and angelica, a quarter of an ounce of preserved lemon peel, all cut small, with half an ounce of bruised coriander seeds, and the same quantity of whole caraways. Having mixed these well, break in an egg, and work the whole up with as much flour as will make a paste, which may be formed into nuts of any size, and baked in a brisk oven.

Orange Gingerbread.

Sift two pounds and a quarter of flour, and add thereto one pound and three-quarters of molasses, six ounces of candied orange peel cut small, three quarters of a pound of moist sugar, one ounce of ground ginger, and the same of allspice; melt to an oil three-quarters of a pound of butter, mix the whole well together, and let it stand twelve hours, then roll it out with a little flour about half an inch thick, cut it into lengths of three inches by two in breadth, mark them in chequers, lay them on a baking plate, rub them over with yolk of egg beat up in milk, and put them into a cool oven for about a quarter of a hour; when done, wash them over slightly as before.

SWEETMEATS

The preparation of sugars being an essential branch of knowledge in the art of confectionary, we shall begin with laying down a few plain rules for the purpose.

To Clarify Sugar.

Break the white of an egg into a preserving pan, put in four quarts of water, and beat it up to a froth with a whisk. Then add twelve pounds of sugar, mix the whole well, and set it over the fire. When it comes to a boil, add a little cold water, and proceed in the same manner as long as may be requisite, till the scum appears thick. Then remove it from the fire, and when settled, take off the scum, and pass it through a straining bag. If after all the sugar is not fine, give it another boil. This is the first operation previous to forming candied sugar, to do which, put as much as you may have occasion for over the fire, and let it boil till smooth, which may be ascertained by dipping in the skimmer, and touching it between the forefinger and the thumb, and immediately on opening them, you will perceive a small thread drawn out, which will break, and remain as a drop. Then give the sugar another boil till it draws out into a longer string. After this, boil it again for a longer time, and having dipped in the skimmer, shake off the sugar into the pan, then blow through the holes, and if some bubbles go through, it is a sign of having acquired the second degree of what is called bloom. The next degree, denominated *Feathered Sugar*, is thus proved:—Dip the skimmer as before, and if, on shaking it, the sugar flies off like down, it has arrived at the necessary stage.—For *Crackled Sugar*, boil it longer than in the preceding degree, then dip in a stick, and put it into cold water. Draw off the sugar that adheres to the stick while in the water; and if it snaps, it is done enough.—*Carimel Sugar*, which is boiled longer than the former, is proved in the same way; and if it snaps like glass, the moment it touches the water, it is a sign of having attained the proper degree. Great care must be taken that the fire does not flame, and burn the sugar while boiling.

The next thing to be attended to in confectionary preparations, is Colouring, and here families ought to be on their guard against the nefarious practices too common among pastry cooks, of using chromate of lead, copper, verdigris, rose pink, vermilion, and powder blue, with similar poisonous and unwholesome ingredients, to give a fine appearance to

the articles of luxury sold in their shops. The following are the most innocent preparations of colours.

Red.

Boil for five minutes an ounce of cochineal in half a pint of water, then add half an ounce of cream of tartar, with as much of pounded alum, and boil the whole over a slow fire about five minutes longer. On taking it off, add two ounces of fine sugar, and let it settle. Pour it into a bottle, and keep it for use.

Blue.

Put a little warm water into a plate, and rub some good indigo on it, till you have gained a proper tint. The more you rub, the higher the colour will be.

Yellow.

This may be either made of French berries steeped in water,—gamboge,—or the heart of the yellow lily infused in warm water.

Green.

Trim the leaves of some spinach, boil them half a minute, then strain the water off, and it will furnish a brilliant colour.

Devices in Sugar.

Steep some gum-dragon in rose water, and with a little double-refined sugar make it into a paste. Colour it to your fancy, and make it into such shapes as you please.

Sugar of Roses.

Chip off the white of some rose buds, and dry them in the sun. Pound an ounce of these fine, then take a pound of lump sugar, wet it with some rose water, and boil it to the degree of candy; after which, put in the powder of roses, and the juice of a lemon. Mix these, put the paste on a plate, and cut it into lozenges, or any shape that you please.

Barley Sugar.

Put clarified syrup into a saucepan, and boil it to a carmel height, taking off the scum as it rises. Having prepared a marble slab with butter or oil, pour the syrup along it in long slips, then twist it while hot at each end, and let it stand till cold. Rased lemon peel boiled up in the syrup enriches the flavour much. Barley-sugar drops are made nearly in the same way; only, when the sugar is boiled, pour it out in drops from a ladle, on white paper covered with sifted sugar.

Ginger Drops.

Beat in a marble mortar, an ounce of candied orange peel, with some lump sugar and when it is smooth like paste, add

half a pound more of the same kind of sugar, and half an ounce of powdered ginger. Then dissolve the sugar in a little water, boil the whole to a candy, and drop it off from the point of a knife on writing paper. When cold, put them into boxes.

Peppermint Drops.

These are made by finely sifting some powdered loaf sugar into just lemon juice enough to make it properly thick, and then drying it over the fire for a few minutes, stirring in about fifteen drops of oil of peppermint to each ounce of sugar. Some, instead of lemon juice, mix the sugar and oil of peppermint with the whites of eggs, beating the whole together, and dropping it on white paper, after which, drying them gradually before the fire.

Lemon Drops.

Grate three lemons with a piece of double-refined sugar, then scrape it off upon a plate, and add half a tea-spoonful of flour; mix the whole well, and beat it to a paste with the white of an egg. Drop it upon white paper, and having laid it on a tin plate, put it into a moderate oven.

Ratafia Drops.

Blanch and beat in a mortar four ounces of bitter and half as many sweet almonds, with a little pounded sugar sifted with some more sugar, and the whites of two eggs; make a paste, of which put some little balls in white paper, and bake them in a moderate oven.

Burnt Almonds, or Prawlongs.

Sift the dust from some of the best Jordan almonds, rub them well with a cloth, then put them into a preserving or stew-pan, either with syrup or their weight in sugar, and a little water. Keep them on the fire, and stir them continually till they crackle and the sugar changes colour. Then take them off, stir them gently to collect the sugar; lay them on a sieve separately, and let them remain about two hours to dry in a moderate heat; after which prepare another pan of boiling syrup, put them in again, and give them a second coating, to make them perfectly white.—To make red burnt almonds, or prawlongs, mix about a tea-cupful of water with some cochineal, and put half of it into the first boiling syrup, and the other half with a little more cochineal into the second.

Pistachio Prawlongs.

These, both red and white, are made with the kernels of pistachio nuts in the same manner as the preceding. Filbert prawlongs are generally made of Barcelona nuts, the kernels of which are roasted in an oven on tin or copper.

Orange and Lemon Prawlongs.

Take off the white, cut the peel into long pieces, and put them into a quantity of boiling syrup, stir them well, and keep them apart as much as possible with a wooden spoon. When taken out, lay them on a sieve to drain, and keep them dry in paper boxes.

White-sugared Almonds.

Blanch them, and then manage them in the same way as prawlongs, only putting them into the syrup a moment before the sugar changes colour. Keep them well stirred all the time. They may be coloured or not, at pleasure.

Caraway Comfits.

Boil some syrup in a saucepan for about a quarter of an hour, then mix with it the finest white starch, just dissolved in cold water. Meanwhile, dissolve some gum-arabic in warm water in another saucepan. Then have ready a preserving pan with handles, let it swing over a charcoal fire, and when the bottom is warm, put in the caraways, to which add a ladleful of gum water, and stir the whole with the hand till they feel dry. Then add a ladleful of the starch syrup, and stir that in the same manner till dry. Continue this process according to the size, quantity, and goodness of the comfits. After seven or eight coatings and dryings, they should be set in the stove, and so on repeatedly till they are of a proper size and colour. Cardamom comfits, or sugar plums, are done in the same way. Scotch comfits should have a very thick coating, with a syrup, in which orange-flower or rose water is introduced.

PRESERVES.

In making the necessary preparation for preserving, the sugar is to be pounded, and dissolved in the syrup previous to its being set on the fire. No syrups or jellies must be boiled too high, nor should fruit be even put into a thick syrup at first. Green sweetmeats will spoil if kept long in the first syrup, and this is particularly to be observed also in regard to lemons and oranges. Cherries, damsons, and other stone fruits, should be covered with mutton suet melted, to keep out the external air, which would spoil them. Wet sweetmeats must be kept in a dry and cool place, with writing paper dipped in brandy laid over them.

Apricots.

Gather them before the stones become hard, put them into a pan of cold water, with some vine leaves, set them over a

fire till they turn yellow, take them out, and rub them with a flannel and salt. Put them in again, cover them close, and set the pan at some distance from the fire, till the apricots are of a light green colour, then take them out carefully. Boil them next gently in a thin syrup two or three times. When plump and clear, make a syrup of double-refined sugar, but not too thick; boil the apricots in it, and put them into pots.

To keep Apricots and other Fruits all the Year.

Beat well together equal quantities of honey and water, pour the liquor into an earthen vessel, put in the fruits fresh gathered, and cover them close. On taking out any for use, wash them in cold water.

Peaches.

Rub them gently, when not too ripe, with a cloth; run them down the seam with a needle, skin-deep, and cover them with good brandy. Tie a bladder over them, and let them stand a week, then take them out, and make a strong syrup, after which boil, skim, and put the peaches therein till they look clear, when they will be fit to be put into pots. Mix the syrup with the brandy, and when cold pour it on the fruit. Tie them over with bladder.

Quinces.

These may either be preserved whole or in quarters. Pare them thin and round, put them into a saucepan filled with hard water, and lay the parings over them. Cover the whole close, set the pan over a slow fire, till the quinces are soft and of a fine red colour, after which let them stand till cold. Make a syrup of double-refined sugar, boil, skim, and put in the quinces, let them boil ten minutes, take them off, and after standing two or three hours, boil them again till the syrup is thick and the fruit clear. Put them into jars covered with brandy paper and leather.

Cherries.

Take morellas when ripe, pick off the stalks, and prick them with a pin. To each pound of fruit, put one pound and a half of lump sugar, beat up part of this, strain it over the cherries, and let them stand all night. Dissolve the rest of the sugar in half a pint of currant juice, set it on a slow fire, put in the cherries with the remaining sugar, and scald them. Take them out carefully, boil the syrup thick, pour it over the fruit, and tie the whole down close.

Currants in Bunches.

Tie some bunches together to a stick, lay them on a sieve, set a pan on the fire with syrup in it, boil it twenty minutes,

put in the currants in layers, boil them five or six times over, skim, and put them into pots, with apple jelly upon them.

Mulberries.

Put the fruit into a preserving pan, and draw from it over the fire a pint of juice. Take three pounds of sugar pounded, wet it with the juice, then boil it up, skim it, and put in two pounds of ripe mulberries, let them stand in the syrup till warm through, and then set them on the fire to boil gently; when half done, put them by in the syrup till the next day, then boil them as before, and when the syrup is thick, and will stand in round drops on becoming cold, they may be put into pots for use.

Strawberries and Raspberries.

Gather them with their stalks when dry, and lay them singly on a dish, beat and sift over them double their weight of very fine sugar, bruise some ripe strawberries, put them into a jar with the sugar, cover it close, let it stand in a kettle of boiling water till soft, and the syrup is extracted. Strain them through a piece of muslin into a tossing pan, boil, skim, and when cold, put in the whole strawberries, and set them over the fire till milk warm, then take them off, and let them stand till cold. Set them on again, and make them warmer, and do the same several times till the fruit is clear, but without boiling. Put it into jelly glasses, with the stalks downwards, and fill up the glasses with the syrup. Cover them close. Raspberries are done in the same way, observing to put to every quart of fruit the same quantity of red currant juice, with double its weight of refined sugar. White raspberries must have white currant juice.

Pine Apple.

Chip off the small pieces from the bottom of the pines, have ready a preserving pan on the fire with water, to every two quarts of which, put half a pint of syrup. When it boils, put in the pines, and simmer an hour; on the next day, let them boil gently an hour, then take them off, and cover them close. On the day following, boil them about half an hour, put in some thick syrup, and the next day strain it off, and boil it. Repeat this process seven or eight days, then put the pines into an earthen pan, and keep them closely covered. To preserve the pine apple chips, lay them with powdered sugar in a pan in alternate layers. When the sugar is dissolved, boil it, and put in the chips again. Do so for ten or eleven days successively, then put them into syrup, and they will be fit for drying.

Barberries.

Take out the stones, tie six bunches to a small stick, and put them on a sieve, have ready a preserving pan with sugar, and boil the syrup half an hour, put the fruit therein, boil, and skim the same with paper, give the barberries six or seven boilings, skimming as before, then put them into an earthen pan, and cover them close, after which, remove them into pots.

Grapes.

Lay them in bunches, but not full ripe, in a jar, add to them a quarter of a pound of sugar candy, and fill up the vessel with brandy. Tie over it some bladder, and keep it in a dry place.

Green Codlins.

Choose them about the size of a walnut, with the stalks, and a leaf or two on each. Pot them with vine leaves, and manage them as directed for apricots.

Golden Pippins.

Boil the rind of an orange tender, and lay it in water two or three days. Pare, core, and divide a quart of pippins, boil them to a jelly, and run it through a bag. Then take twelve large pippins, and core them. Put a pint of water into a stewpan, with two pounds of lump sugar. Boil, skim, and put in the pippins, with the rind of the orange cut into thin slices. Boil the whole till the sugar will almost candy, then put in a pint of the pippin jelly, and continue the boiling till the latter is clear. Squeeze in the juice of a lemon, give it a boil, and put it with the peel into glasses.

Green Gages.

See that they are perfectly sound, prick them about the stalks, put them into cold water, and scald them, then have a pan full of boiling syrup, drain off the water, and put the fruit into an earthen pan, pour the syrup over, and let it stand till next day, then drain away the syrup, boil it again, and put it over the fruit, repeating the same process for seven or eight days. Then take another pan, and having drained off the syrup, place the fruit in it, with some fresh syrup that has been boiled for half an hour.

Oranges.

See that the fruit is free from spots, mark the rind according to fancy, make a hole at the end near the stalk, scoop out the pulp, and tie each orange separately in muslin. Let them lie in spring water two days, changing the water twice each day, then boil them in the muslin over a slow fire till tender, and as the water wastes, put more of the same degree

of heat in its place. To every pound of oranges, before they are scooped, put two pounds of double-refined sugar, and a pint of water, boil the sugar and water with the juice to a syrup. Skim it, and when cold, put in the oranges, let them boil half an hour, and if not clear, repeat the boiling for two or three days. Then pare and core some green pippins, boil them till the water tastes strong of the apple. They are not to be stirred, only kept down gently. Strain the water through a bag, and to every pint add a pound of double-refined sugar, the juice of a lemon strained, and boil it up to a jelly. Drain the oranges from the syrup, and put them into jars, that have holes above. Pour the jelly on them, and keep them close. Lemons are done the same way.

Cederaties or Citrons

These are to be had at the Italian warehouses. To preserve them, make a hole at the thick end, then put them into water, and boil them an hour and a half. Drain them, and put them into a pan, with syrup over them, and let them stand two days. Then boil them in syrup half an hour, put them into the pan, and cover them with paper; the next day drain the syrup from them, boil it, and pour it on them again, and do this for ten days, keeping them covered with syrup. When done, put them into pots, and cover them with apple jelly.

Gooseberries.

Take the largest sort, and scald them without boiling. Put them into a tub, and let them stand three days, then having drained them, put them into a pan, with water, and a little syrup. Put them on the fire till warm; the next day, strain off the liquor, put the fruit into an earthen pan, and pour thin syrup over it boiling hot. Repeat this daily for a week. Thicken the syrup by degrees, and put the gooseberries into pots.

The same in Imitation of Hops.

Cut some large green gooseberries into quarters, and take out the seeds, leaving the stalk at the end of each gooseberry. Run some strong thread through several, and fasten them together. Put cold water into a pan, with vine leaves at the bottom; then three or four layers of gooseberries, with more leaves. Cover the whole close, and set them on a slow fire. Barely scald them, and let them stand till cold. Then set them on again to acquire a nice green colour, after which, take them off. Drain them, and make a thin syrup as follows:—To every pint of water, put one pound of fine sugar, a race of ginger, and a lemon peel sliced. Boil the gooseberries, and when cold, put them into glasses or pots, with paper dipped in brandy over them.

To preserve fresh Fruits in Brandy.

These are usually apricots, peaches, nectarines, plums, morrilla cherries, and green gages, the process for all being the same. The fruit should not be too ripe, and must be perfectly free from defects. Cover them with water, and put them into a pan over a slow fire; when they have simmered till soft, take them out, put them into cloths, four or five times double, and cover them closely. Meanwhile, prepare some French brandy, uncoloured if it can be got, and dissolve in every pint five ounces of powdered lump sugar. Put the fruit into glasses, fill them up with brandy and sugar, and cover them with bladder and leather over all. Cherries and other small fruit must not be boiled, but put in fresh, or preserved with sugar. As the fruit imbibes the liquor, more is to be added.

Preserved Fruits in Brandy.

Take preserved mogul plums, green gages, grapes, or any fruits that have been preserved wet in sugar, and having drained off the syrup, put them into glasses, filling up the same with brandy, in which sugar has been previously dissolved, at the rate of three ounces to a pint. Keep them closely covered.

To preserve dried Pears.

Peel them, cut the stalks short, throw them into cold water, and boil them till they feel soft; then take them out, and put them again into cold water. When drained, to half a hundred of pears put a pound of lump sugar dissolved in two quarts of water, and let them soak two hours. Then place the pears on wires, with their stalks inwards, and keep them all night in an oven from whence the bread has been drawn. Next day soak them again in sugar and water, and put them as before into the oven for another night. Repeat this four times, during the last of which, let them remain in the oven till they are perfectly dry.

To preserve Damsons.

Put them into a saucepan over the fire, with as much water as will cover them. When boiled, strain off the liquor, and add to every pound of fruit wiped clean, as much double-refined sugar. Put one-third of the sugar into the liquor, set it over the fire, and when it simmers, put in the damsons. Let them boil, then take them off, and cover them close for half an hour. Then set them on again, and let them simmer while over the fire, after being turned. Take them out, put them into a basin, strew all the sugar that remains on them, and pour the hot liquor over them. Let them stand covered till the next day, and boil them up once more; then take them out, and put them into pots. Boil the liquor till it is a jelly, and when cold, pour it over the damsons.

To keep Damsons for Winter use.

Put them into stone jars, or wide-mouthed bottles, set them up to the neck in cold water, and scald them. Next day, when cold, fill them up with spring water, and cover them.

To Bottle Gooseberries.

When little more than half grown, they must be gathered dry, and being picked clean, put into wide-mouthed bottles, shaking them gently down till each bottle is full. Cork the bottles tight, set them in a moderate oven, and let them remain till heated through, beat the corks tight, cut off the tops, rosin them over, and keep them in a dry and cool place. Currants and other fruits may be done in the same way, taking care in every case that the skins are whole, otherwise the broken ones will spoil the rest.

To keep Cranberries.

Gather them in dry weather, and put them into bottles, with hard water. Cork them close, and set them in a dry place.

Green Currants.

Gather them in the heat of the sun, strip them from the stalks, put them into closely corked bottles, set them in dry sand, and they will keep all the winter.

To keep Damsons.

Put them into bottles, cork them tight, and let them stand in a moderate oven about three hours. When done, put them with the mouth downwards in a cool place.

To keep Grapes.

In cutting them from the vine, leave a part of the stalk. Hang them in a dry room, apart from each other, and they will keep for months. In Portugal they keep them in very fine white and dry sand in large jars.

To keep Lemons.

Run a fine packthread through the nib at the end; then tie it together, and hang it up high and dry, but so that the lemons may be wide apart from each other.—Pears may be kept in the same manner.

To keep Walnuts.

Put a layer of sand at the bottom of a jar, then a layer of walnuts, next another of sand, and so on till full, but without touching each other. When wanted for use, lay them in warm water for an hour, shift the water as it cools, rub them dry, and they will peel easily, and eat sweet.

To preserve Jarganel Pears.

Pare them close, and simmer them in a thin syrup. Let them lie a day or two; then make the syrup richer, and simmer them again. Repeat this till they are clear; then drain, and dry them in the sun, or a cool oven. They may be kept in syrup, and dried as they are wanted.

To keep Oranges or Lemons.

Squeeze the fruit, throw the outside into water, without the pulp, and let it remain a fortnight. Then boil it till tender in the same liquor, strain it off, and when the fruit is tolerably dry, throw it into a jar of candy.—Or, boil a little syrup made of lump sugar and water, and put it over the fruit; then, in about a week, boil the same gently till clear. Keep the oranges or lemons in a jar covered with the liquor they were boiled in.

Compote of Apricots.

Stone the fruit, boil them gently, and when soft, take them off, and put them into cold water; then take clarified sugar, put the apricots therein, give them another boiling, and when done, lay them in dishes.

Compote of Apples.

Cut them in two, pare, core, and put them into cold water as they are done: have a pan on the fire with clarified sugar, and as much water in it, boil, skim, and put in the apples. Do them gently, and on taking them off, let them cool in the sugar; then set them in the ashes, and if the syrup is too thin, put it once more over the fire till it has attained a proper consistence

Compote of Pears.

Let the fruit be large and sound, cut them into quarters, long ways, and put them into a pan over a slow fire, simmer gently an hour; put some lemon peel into a pan of thin syrup, drain all the water from the fruit, and when the syrup boils, put it in. Repeat the boiling five or six times; then put it into a flat earthen pan, and the next day boil it again till the fruit has well imbibed the syrup.

Raspberry Paste.

Mash a quart of raspberries, strain one half, and put the juice to the other. Boil them fifteen minutes, put to them a pint of red currant juice, and let them boil all together till the fruit is done enough. Then put a pound and a half of double-refined sugar into a pan, with as much water as will dissolve it, and boil it again till it candies. Put in the raspberries and juice, give the whole a scald, pour it into glasses, and set them in a stove, turning them occasionally till dry.

Currant Paste.

Strip the fruit, either red or white, put a little juice thereto, and boil the whole well, after which, rub the currants through a hair sieve. Boil the whole again for a quarter of an hour, and to every pint of juice put in a pound and a half of double-refined sugar, pounded and sifted. Shake in the sugar, and when melted, pour it into plates or glasses. Dry it as directed in the preceding article.

Gooseberry Paste.

Take full-grown red gooseberries, cut them in two, and pick out the seeds. Get ready a pint of currant juice, and boil the fruit therein till tender. Put a pound and a half of double-refined sugar into the pan, with as much water as will dissolve it, and boil it till thick; then put the whole together, and make it scalding-hot, without boiling. After this, proceed as before.

Almond Paste.

Pound eight ounces of sweet and twelve single bitter almonds, with a little water. Put the paste into a saucepan, with half a pound of powdered sugar. Mix the whole well, put it on a slow fire, and rub it with a wooden spoon, which must go to the bottom of the pan. On taking it out, flour the board that it may not stick.

Orgeat Paste.

Beat two pounds of sweet and one pound of bitter almonds, with a little water, and boil up two quarts of syrup, with which mix the almonds, and stir it as just directed. When cold, put it in pots covered with bladder.

Apple Marmalade.

Scald the fruit till the pulp comes from the core; then take an equal quantity of sugar in lumps, dip the same in water, and boil the whole till it can be well skimmed, and becomes a thick syrup. Put this to the pulp, and simmer it over a quick fire for a quarter of an hour. Previous to boiling, grate in a little lemon peel.

Orange Marmalade.

Rasp the fruit, cut out the pulp, then boil the rinds tender, and beat them fine in a marble mortar. Boil three pounds of lump sugar in a pint of water, skim it, and add one pound of the rind. Boil this fast till the syrup is thick, stirring it carefully; then put in a pint of apple liquor to the same quantity of the pulp of orange, but take out the seeds. Boil the whole gently till it is a jelly, and put it into pots. Lemon marmalade is done in the same manner.

Transparent Marmalade.

Cut pale Seville oranges in quarters, take out the pulp, put it into a basin, picking out the seeds, and cleaning the skins. Soak the outsides in water and salt a whole night. Then boil them in spring water till tender. Drain them, cut them into thin slices, and put them to the pulp. To every pound add one pound and a half of powdered double-refined sugar; boil all together twenty minutes, and if not quite clear, simmer it some time longer, stirring it all the time gently. When cold, put it into glasses.

Marmalade for a Cough.

Stone six ounces of Malaga raisins, and beat them to a paste with as much sugar-candy. Add one ounce of conserve of roses, twenty-five drops of oil of vitriol, and twenty of oil of sulphur. Mix the whole well together, and take about the quantity of a nutmeg night and morning. Though this article is medicinal, it is elegant, and may be given to children as a sweetmeat in moderation.

Damson Cheese or Biscuits.

Bake in a slow oven some ripe damsons, in an earthen pan, covered with paper, till soft. Rub them while hot through a colander, put the juice and pulp into a stewpan, with some powdered loaf sugar, and boil them two or three hours over a gentle fire, stirring them frequently, and about five minutes before they are done, put in the kernels of the fruit, broken and skinned. On taking out the mass, put it into moulds or pots, let them stand twenty-four hours, and afterwards cover them with brandied paper. For what are called damson biscuits proceed thus:—Having baked the fruit, skin and stone them; then force them through a sieve with a spoon, and add two pounds of sifted loaf sugar, with two whites of eggs for every pound of damsons. Put the composition into small paper cases. Apricots, peaches, and barberries may be done in the same way.

Conserve of Cherries.

Stone the cherries, and boil them; then, over a slow fire, reduce the juice to a thick marmalade. Mix an equal quantity of sugar and fruit, and mould the whole well.

Conserve of Quinces.

Pare them, take out the core and seeds, cut them small, and boil them soft; then to eight pounds of fruit put six pounds of sugar, and boil the whole to a proper consistence

Conserve of Oranges or Lemons.

Grate the rind of an orange or lemon into a plate, squeeze the juice of the fruit over it, and mix the whole with a spoon. Then boil some sugar high, mix the fruit therewith, and when thick enough, put it into moulds. Conserve of orange peel is made by steeping the rinds in water, moderately heated, till tender; and then straining and pounding them in a marble mortar. After this, the pulp is brought to a proper consistence over a gentle fire, with the addition of three times its quantity of sugar. The whole is then reduced to a conserve by beating in a mortar.

Orange Syrup.

Rasp eight China oranges into a basin, squeeze one dozen more and two lemons to the rind. Mix these together; then drain the juice through a sieve, take one quart of fine syrup, and boil it high, put this to the rest of the syrup, and bottle the whole for use.

Syrup of Capillaire.

Clarify with the whites of three eggs, four pounds of lump sugar, mixed with three quarts of spring water, and one quarter of an ounce of isinglass. When cold, add orange-flower water, and a little syrup of cloves. Put it into bottles well corked.

Syrup of Cloves.

Put four ounces of cloves to one quart of boiling water, cover it close, set it over a fire, and boil gently half an hour; then drain it, and add to each pint of liquor, two pounds of lump sugar. Clear it with the whites of two eggs beaten up with cold water, and simmer till it becomes a strong syrup. Keep it in bottles closely corked. Cinnamon or mace may be done in the same way.

Orgeat Syrup.

Beat in a mortar half a pound of sweet and an ounce of bitter almonds, mix the same with a quart of water, strain it through a cloth, and add a glass of orange-flower water. Boil two quarts of syrup pretty high, mix what drains from the almonds with the syrup on the fire, and let it boil till it is fine and clear. Put it warm into bottles, and the next day cork them close, with bladder over them.

Syrup of Mulberries and Cherries.

Boil them about a minute with very little water, and to every quart of juice put one pound of lump sugar. Make the whole into a syrup over a slow fire.

To dry Cherries.

Take large Kentish cherries that are not too ripe, pick off the stalks, and clear out the stones with the point of a

needle, or a quill cut sharp. For every three pounds of fruit, boil high to a syrup as much clarified sugar, after which, put in the cherries, give them another boil, and set them by in an earthen pan till the following day. Then strain the syrup, add more sugar, and boil it to a proper consistence. Put in the cherries, boil them five minutes, and set them by another day. Repeat this process two more days; then lay them on wires to dry in a stove or an oven that is nearly cold.

To dry Apricots.

Pare one pound of apricots, and stone them; then put them into a preserving pan. Powder and sift half a pound of double-refined sugar, strew a little among them, and the rest over them. After lying twenty-four hours, turn them three or four times in the syrup, and boil them quick till they are clear. When cold, take them out, and lay them upon glasses. Next put them into a stove, and turn them the first day every half hour, the second day every hour, and so on till they are quite dry. Keep them in covered boxes.

To dry Peaches.

Pare and stone them; then put them into a saucepan of boiling water, let them boil till tender, and lay them on a sieve to drain. Put them again into the pan, and cover them with an equal quantity of sugar. Let them lie two or three hours; then boil them till they are clear, and the syrup is thick. Cover them close, and let them stand all night, scald them well, and let them remain to cool. After this, put them on again till they are hot, and continue this process three or four days. Lay them on plates, and turn them every day till they are dry.

To dry Green Gages.

Make a thin syrup with half a pound of single-refined sugar, skim it well. Divide a pound of plums down the seam, and put them into the syrup. Keep them scalding-hot till tender, and cover them well with the syrup all the time. Let them stand a whole night, and then make the following syrup:—To one pound of double-refined sugar, put two spoonsful of water; skim, and boil it nearly to a candy. When cold, drain the plums out of the first syrup, and put them into the second. Set them on the fire to scald till they are clear, and then put them into a basin. After they have stood a week, take them out, and lay them on china dishes, put them into a stove, and turn them once a day till they are dry.

To dry Damsons.

Gather them when ripe, spread them on a cloth, and let them remain in a cool oven till dry. Then take them out, and keep them in a dry place.

To dry Apples.

Put them into a cool oven, six or seven times, flattening them by degrees, and gently, while they are soft. If the oven is too hot, they will waste and be vapid. Sharp apples are best for this purpose.

To candy Fruit in general.

When finished in the syrup, put a layer into a sieve, and dip it quickly into hot water; then place it on a napkin before the fire to drain, and do another layer. Take some double-refined sugar pounded, and sift it over the fruit on all sides till the same is perfectly frosted. Set it on the bottom of a sieve in a warm oven, and turn it two or three times.

To candy Lemon or Orange Peel.

Cut the lemons or oranges lengthways, take out the pulp, and put the rinds into salt and water for six days. Then boil them tender in spring water. Take them out, and lay them on a hair sieve. While draining, make a thin syrup of fine loaf sugar, and just water enough to dissolve it. Put in the rinds, and boil them over a slow fire till the syrup candies. Then take them out, and grate fine sugar over them. Lay them on a sieve to drain, and set them in a stove or before the fire to dry.

To candy Lemon and Orange Chips.

Pare the fruit thin, leaving very little white on the peel, and throw the rinds into spring water. Boil them in the same water till tender, continuing to add fresh as the former wastes. Make a thin syrup with part of the water they were boiled in. Then add the rinds, but without letting them boil much. Take them off, and let them stand three or four days; then repeat the boiling till the syrup draws in threads between the fingers, when they must be taken off instantly, and drained in a colander. Take out only a few at a time that they may not cool so fast as to make it difficult to part them. The best way is to take the chips out singly, and lay them apart on a wire sieve to dry, in a stove or before the fire. About three pounds of sugar will make syrup enough for the peels of twenty-five oranges or lemons.

To candy Ginger.

Put one ounce of ginger grated fine, and a pound of loaf sugar beaten, into a preserving pan, with as much water as will dissolve the latter. Stir the whole over a slow fire till the sugar begins to boil; then put in a pound more beaten fine, and keep stirring it till thick. Take it off, and drop it in cakes upon earthen plates. Set them in a warm place to dry.

To candy Horehound.

Boil it in water till the juice is extracted. Then boil some sugar to a feather add thereto the juice of the horehound, and boil it again to the same height. Stir it with a spoon against the sides of the pan till thick; then pour it into a paper case, previously dusted with fine sugar, and cut it into squares. Or the horehound may be dried, and put into the sugar finely powdered and sifted.

Candied Almond Cake.

Put some finely powdered sugar into a stewpan, and stir it over the fire till nearly dissolved. Then put in half a pound of almonds sliced and parched. Stir the whole till the almonds are brown; then take a jelly mould or stewpan, oil it well, and put the almonds into it, taking care to keep them to the sides, and when cold, turn the syrup out.

To candy Rhubarb Cakes.

Take an ounce of rhubarb in powder, as much of fine ginger, eighteen ounces of sugar, and three drops of oil of peppermint. Boil the sugar to a feather, mix in the ingredients, and stir the whole till it begins to granulate. Put it into sugared paper cases.

To candy Cassia.

Pound a little brown cassia, with some musk and ambergris. Boil a quarter of a pound of sugar to the degree of candy, mix in the powder, and then pour the syrup into saucers till cold.

To candy Angelica.

Cut the angelica when young, cover it close, and boil it tender. Then peel, and put it in again, letting it simmer till green. Take it out, and dry it with a cloth, adding to every pound of stalks as much sugar. Put them into a pan, beat up the sugar, strew it over, and let them stand two days. Boil the angelica till clear and green, and put it into a colander to drain. Beat another pound of sugar to powder, strew it over, lay it on plates, and let it stand in a slack oven to dry.

Apricot Chips.

Cut some preserved chips small, warm the syrup, and drain it off. Put the chips on a sieve, dust sugar over them, and set them in a stove. Let them remain two days, but change the sieve to prevent their sticking. When dry, put them into a box.

ORNAMENTS.

Pyramid Paste.

Roll a sheet of puff-paste half an inch thick, cut or stamp it into oval shapes, the first the size of the bottom of the dish, the next smaller, and so on till it forms a pyramid. Then lay each piece separately on paper in a baking plate, egg the tops of them, and bake them of a light colour. When done, take them off the paper, lay them on a large dish till cold, set the principal piece in the dish, lay on it raspberry jam, or currant jelly, lay the next size on that, and more sweetmeats, and so on till the whole are placed. Place dried green gages, barberries, or cherries, round the whole.

Artificial Fruit.

Save the stalks of any kind of fruit with the stones, take some tins, very smooth on the inside, and of the shape intended, leave a hole to put in the stone and stalk, and so contrived as to open in the middle to take out the fruit; have also a wooden frame to mix them in. Take some strong jelly, strain it, put it into a saucepan, sweeten it, add perfumed lemon peel, and colour it according to the fruit represented. Stir the whole, and boil it, fill the tins, and put in the stones and stalks; when cold, open the moulds, and put on the bloom.

A Chinese Temple.

Take an ounce of fine sugar, half an ounce of butter, and four ounces of fine flour. Boil the sugar and butter in some water, and when cold, beat up an egg, and put to it the water, sugar, and egg. Mix this with the flour, and make a paste. Then roll it out thin, have a set of tins in the form of a temple, and put the paste upon them. Cut it in any form you please, keeping the tins separate till baked, but fitting the paste exactly to the size of the tins. Bake them in a slow oven, and when cold, take them out of the tins; then join the parts together with isinglass and water. Set them one upon the other, according to the pattern, taking care that the pillars are stronger than the top.

These decorations have a very pleasing effect, but are calculated principally for splendid entertainments; and will admit of an endless variety of forms, substances, and colours. Wax baskets for confectionary are also agreeable to the eye, and are sometimes painted in oil colours with landscapes or figures, and adorned with flowers, fruits, and other objects.

PICKLES.

Stone jars are to be used for those articles which require to be pickled hot; and they also are the best for keeping. Cold pickles should be kept in bottles, and always in a dry cool place. Glazed earthenware ought never to be employed, as the coating, when corroded by the acid, renders the pickles disagreeable and unwholesome. The jars or bottles should not be more than three parts filled, that the articles pickled may be thoroughly covered with liquor. A wooden spoon with holes is the fittest to take them out with.

The strongest vinegar should be used for pickling, but without boiling. To prepare a brine for this purpose, bruise long black and white pepper, allspice, ginger, cloves, mace, garlic, horse-radish, mustard, shalots, and capsicums all together. Put these ingredients into a stone jar, with a quart of the strongest vinegar. Stop it with a bung, and cover it with bladder soaked in pickle. Set it by the side of the fire for three days, shaking it several times. Before you pour this upon the articles to be pickled, run a larding pin through them in several places, that they may imbibe the liquor more freely. By parboiling the pickles in brine, they will be done much quicker than in the usual mode of soaking them in cold salt and water.

To prepare Common Vinegar for pickling, dissolve two pounds of molasses in nine quarts of water, pour it into a vessel with some cowslips; when cool, add a little yeast to it, and expose it to the sun for three days.

Cider vinegar may be prepared by fermenting the new liquor with the must of apples in a warm room, or exposing it to the sun in the open air. In a week or ten days it will be fit for use.

Elder vinegar is made by putting two gallons of strong aleger to a peck of the pips of the flowers, after which, it must be set in the sun in a stone jar for a fortnight, and then filtered through a flannel bag. When drawn off, put it into small bottles.

Sugar Vinegar.

To every quart of spring water put four ounces of coarse sugar. Boil, and skim it till perfectly clear. Put it into a tub, and let it stand till cool enough to work. Then put into it a toast, with yeast over it, of a size proportioned to the quantity of liquor. Let it ferment one or two days; then beat the yeast into it, put it into a barrel, with a piece of slate over the bung-hole, and expose it to the sun. If made

in March or April, it will be fit for use in July or August. Should it not be sufficiently tart, let it stand a fortnight or three weeks longer in the sun, but without disturbing it. Leave the bung-hole open in the day, but close at night. Previous to bottling it, put in some isinglass to fine it.

Wine Vinegar.

Mix a quantity of vinous liquor with the lees, or the acidulous stalks of the vegetable from which the same has been prepared, stir the same frequently, expose it to the sun, or in a warm place, till it ferments.

Essence of Vinegar.

In frosty weather expose vinegar to the cold in shallow vessels, when the watery particles will freeze, but the spirituous remain fluid. Keep exposing this fluid to the sharp air, till the whole is reduced, and becomes pungent. It is an excellent sauce.

Gherkins or Young Cucumbers.

Let them lie three or four days in salt and water, then wipe them dry, and put them into stone jars. Boil a sufficient quantity of the best vinegar, with plenty of ginger, black pepper, and allspice, a few cloves, a little mace, some horse-radish, peeled onions, and shalots, and a small quantity of garlic. Pour this over the gherkins, cover the jar with vine leaves and a plate, and set them near the fire. Next day drain off the vinegar, boil it, and pour it hot over them, and lay fresh leaves. When cold, tie them down close, with bladder and leather. If you wish to have the gherkins green, keep them in hot vinegar some time before they are bottled.

Cucumbers.

Let them be free from spots and unpared. Slice some large onions, and sprinkle them and the cucumbers with salt. On the following day, drain off the brine, and put them into a stone jar. Then boil some horse-radish, ginger, whole pepper, allspice, and mace, in good vinegar. Pour this hot over the cucumbers and onions, and keep them covered in a warm place. Boil the vinegar over again for two or three days; after which, cover the jar as above.

Cucumbers as Mangoes.

Peel and halve them, throw away the seeds, and lay them in salt for twenty-four hours. Wipe them dry, fill them with mustard seed, peeled shalots, slices of horse-radish, and mace. Fasten them with wire, put them into jars, pour boiling liquor over them, made as for gherkins, and cover them up close. When cold, tie them down with leather and bladder.

Walnuts.

Scald one hundred French walnuts, and rub off the first skin before they have a hard shell, which may be ascertained by trying them with a pin. Lay them in a strong cold brine; shift them into new the third and sixth days, then take them out, and dry them till night. Next take one ounce each of long pepper, black pepper, ginger, and allspice, a quarter of an ounce of cloves, some mace, and a table-spoonful of mustard seed, and having bruised them, put into a glass or stone jar a layer of walnuts, with this mixture strewed well over them. Proceed in the same manner with the rest till the whole are covered. Then boil three quarts of white wine vinegar, with some sliced horse-radish and ginger, pour it hot over the walnuts, and cover them close. Repeat the boiling of the vinegar three or four days, always keeping the pickle close covered. On the last boiling, put in a little garlic or shalot, and let them stand four or five months. The liquor makes excellent catsup for fish and beef-steaks.

Purple Cabbage.

Slice the cabbage into a colander, and sprinkle salt over each layer. Let it drain two days, put it into a jar, and cover it with boiling vinegar, adding thereto a few slices of red beet-root. If spice is used, it should be boiled with the vinegar. Hard white cabbage may be intermixed with the other, or cauliflowers cut into branches.

Onions.

The small white round onions are the best for pickling. Peel and boil them with plenty of salt, in a quantity of milk and water. As soon as they boil up, and look a little clear on the outside, take them up, and when cold, wipe them dry, after which, put them into a jar or a wide-mouthed bottle covered. Meanwhile, put some white wine, or double-distilled vinegar, with a little horse-radish, ginger, and white pepper into a stone jar, and place it in a vessel of boiling water. When the liquor in the jar has boiled, set the jar by to let it cool, after which, pour it over the onions. Cover them with leather and bladder.

Cauliflowers and Brocoli.

Choose such as are hard and ripe, and take off the leaves and stalks. Set on a pan half full of water, with salt in the proportion of one quarter of a pound of the one to a quart of the other. Put in the cauliflower or brocoli, and when it boils, take it up, and spread the vegetable upon a cloth to dry before the fire twenty-four hours. After this, lay piece

by piece in jars, and cover them with the following pickle:— To a quart of vinegar, add an ounce of black pepper, half an ounce of powdered ginger, as much salt, and horse-radish sliced, with a few capsicums or a little cayenne. Put these ingredients into a jar, stop it close, and let them steep three days by the fire. When cold, pour the liquor over the cauliflowers or brocoli.

Beet Roots.

Boil them gently till three-parts done; then take them out, and when a little cooled, peel, and cut them in slices about half an inch thick. Pour on them the same pickle as in the last mentioned article.

French Beans and Nasturtiums.

Pickle these in the same way as gherkins, taking care to use only such as are fresh, and gathered in dry weather. Vine leaves may be laid in the pickle, to improve the colour. Vinegar should never remain after boiling in copper or brass pans.

Lemons.

Grate the outside rind, rub them well with salt, and afterwards put them into a strong brine of salt and water for nine or ten days, taking them out daily to wipe and dry them in a coarse cloth. Make a pickle of vinegar, ginger, mace, and pepper, all boiled together, and put in the lemons. Let them simmer on the fire, and add a small quantity of turmeric. Put them into jars, and keep them closely covered.

Lemon Pickle.

Wipe and cut six lemons into eight pieces each, lay on them a pound of salt, six cloves of garlic, two ounces of horse-radish sliced, a quarter of an ounce each of cloves, mace, nutmeg, and cayenne, and two ounces of flour of mustard. Put all these with two quarts of vinegar into a saucepan, or rather into a strong jar. Set it in a kettle of boiling water. When boiled, set it by to stand on the hot hearth, keeping it stirred, for six weeks. When done, put it into small bottles.

Samphire.

Soak some of the freshest and green samphire in salt and water for two days; then take it out, boil it, covered in plenty of vinegar, over a slow fire till it is crisp. Then put it into a jar, and keep it tied down, covered with bladder and leather.

Another way.

Mix a gallon of vinegar, and two quarts of water, with two large handfuls of salt, and having picked and washed the samphire, put it into the brine, paste up the vessel which con-

tains it, and set it on a moderate fire, without boiling, for half an hour. When cold, open the vessel, and put the pickle into a stone jar, with the same liquor, more vinegar, water, and salt, for use. The ordinary way is, to put the samphire in a strong brine of salt and water, or sea water, which will keep it good all the year. When wanted for the table, put a little of it into vinegar.

Mushrooms.

Rub some button mushrooms with flannel and salt, and from the largest take out the red inside. Throw a little salt over them, and put them into a stewpan, with mace and pepper; and as the liquor is extracted, shake them well. Keep them over a gentle fire till the liquor is absorbed into them again; then put in as much vinegar as will cover them, just warm the whole up, and put them with the liquor into bottles or stone jars.

Melon Mangoes.

Cut a square piece out of the side, extract the seeds, and mix them with mustard seed and shredded garlic. Stuff the melon full, replace the piece in the side, and bind it up with thread. Boil a quantity of vinegar, with pepper, salt, and ginger, and pour it quite hot over the mangoes four days successively, adding at the last flour of mustard and scraped horse-radish to the vinegar, just when it comes to a boil. Cover them close, with plenty of vinegar.

Barberries.

Boil some of the worst and single berries in salt and water, strain off the juice, add to every gill a quart of water, with an ounce of salt, a quarter of a pound of lump sugar, a quarter of an ounce of powdered and sifted ginger, and some horse-radish sliced. In the mean time, put bunches of the finest barberries into the jar, and pour the pickle over them boiling hot. When cold, add a little bruised cochineal, and cover the whole close. Currants may be pickled in the same way, adding to them cinnamon and a few cloves.

Potato Apples.

In Sweden, those apples, which with us are thrown away, are gathered when green, and rinsed in cold water, then soaked two days in a strong filtrated brine, drained half a day in a colander, and afterwards boiled in vinegar, with spices, till clear, but not soft. Thus prepared, they are said to equal olives.

Elder Buds.

Gather them when about the size of hops, put them into strong salt and water for nine days, stirring them frequently

Put them into a pan, cover them with vine leaves, and pour over them the former liquor. Set them on a slow fire till green, and make a pickle for them of vinegar, mace, shalots, and ginger sliced. Boil these a few minutes, and pour the whole upon the buds. Tie them close, and keep them in a dry place.

Elder Shoots.

Let them lie in salt and water all night; then put them into stone jars in layers, strewing between them some mustard seed, scraped horse-radish, shalots, white beet-root, and cauliflower pulled into pieces. Pour boiling vinegar over them, and scald them three times. Keep them in a dry place covered.

The same in imitation of Indian Bamboo.

Early in May take the middle part of the stalks of young shoots, peel off the rind, and lay them all night in a brine made of salt and beer. Dry them in a cloth, and make a pickle of equal quantities of gooseberry and wine vinegar. To each quart of pickle put an ounce of long pepper, as much sliced ginger, a few corns of Jamaica pepper, and a little mace. Boil this, and pour it hot upon the shoots. Cover the jar close, and set it by the fire for twenty-four hours, shaking it frequently.

Artichokes.

oil young artichokes two or three minutes in salt and water. Lay them on a hair sieve to drain, and when cold, put them into jars with narrow tops, after which, cover them with white wine vinegar, that has been boiled with a blade or two of mace, a few slices of ginger, and a nutmeg cut thin. Pour this on the artichokes while hot, and tie them close.

Artichoke Bottoms.

Boil the artichokes till the leaves come away easily, take off the chokes, and cut them from the stalk. Then throw them into salt and water for an hour, take them out, lay them on a cloth to dry. When drained sufficiently, put them into wide-mouthed glasses, with mace and sliced nutmeg intermixed, and fill them up with distilled or sugar vinegar, and spring water. Cover them with mutton suet melted, and tie them over with leather and bladder.

Radish Pods.

Put the pods, gathered when young, into salt and water for a night, boil the brine, pour it upon them, and cover the jar close to keep in the steam. When nearly cold, make it boiling hot, and pour it on again, and repeat the process till the pods are quite green. Then lay them on a sieve to drain, and make a pickle of white wine vinegar, a little mace,

ginger, long pepper, and horse-radish. Pour this boiling hot on the pods, and when nearly cold, make the vinegar twice as hot as before, and pour it upon them. Tie them close, and keep them in a dry place.

Mock Ginger.

Take the stalks of some large cauliflowers, peel them, and throw them into a strong brine for three days, drain them, and put them into a jar. Boil white wine vinegar, with half an ounce each of cloves, mace, long pepper, and allspice, forty blades of garlic, a stick of sliced horse-radish, a quarter of an ounce of cayenne pepper, a quarter of a pound of turmeric, and two ounces of bay salt. Pour the liquor over the stalks boiling hot, cover the whole close till next day, and boil it again. Repeat this once more, and when cold, tie the jar over close.

Parsley.

Make a strong brine that will bear an egg, and throw into it a quantity of curled parsley. Let it stand a week, then make a fresh brine, and let the parsley remain in it another week. Drain it again, put it into spring water, and change it three days successively. Scald it in hard water till green, then take it out, and drain it. Boil a quart of distilled vinegar a few minutes, with two or three blades of mace, a sliced nutmeg, and one or two shalots. When cold, pour this on the parsley, with some slices of horse-radish, and keep it for use.

Codlins.

Take them of the size of a good walnut, and lay vine leaves thick at the bottom of a pan. Put in the fruit, cover them with more leaves and spring water. Set them over a slow fire till you can peel them easily; then lay them upon a hair sieve, and skim them carefully. After this, put them into the same water, with the leaves, as before. Cover them close, and set them at a distance from the fire, till they are green. Drain them, and put them into jars, with some mace, and a clove or two of garlic. Cover them with distilled vinegar, pour mutton fat over the whole, and tie them down close.

Indian Pickle.

Pick large cauliflowers into small pieces, wash them, put them into a pan with plenty of salt, and then dry them separately in the sun, turning them repeatedly till they are nearly brown. Then put plenty of old ginger, slices of horse-radish, peeled garlic, whole pepper, peeled shalots and onions, into salt and water one night. Drain and dry them, and when the ingredients are ready, boil a quantity of vinegar to cover them. To two quarts of this, add an ounce of pale turmeric,

and put the whole into stone jars, pour the vinegar boiling hot over them, till the next day; then boil the pickle again, and do so on the third day. After this, fill the jars with liquor, and cover them close.

Another way.

Soften half a pound of ginger in water; then scrape it, cut it into slices, and put them into a pan with salt. Next take a quarter of a pound of garlic, and a handful of shalots, peel and cut them in pieces, with some sliced horse-radish, and let them lie in salt three days. Clean them, and put them into fresh salt for the same length of time, after which, wash them, and dry them in the sun. Meanwhile, pick to pieces some cauliflowers, cut sticks of celery, as far as the white is good, into lengths, also the heart of a white cabbage, with any other vegetable proper for pickling. Let these lie three days in salt; then squeeze out the water, and dry them in the sun. Put the whole into a stone jar, with two ounces of mustard seed, half an ounce of turmeric, and a little cayenne and long pepper. Then boil two quarts of good vinegar, and pour it hot into the jar, covering it up till the next day, when the vinegar is to be poured off, boiled, and returned again hot on the pickles. When the jar is filled, keep it close covered in a dry place. To this pickle may be added in season, and after due preparation by salting and drying, melons peeled and cut into slices, radishes scraped white, cucumbers, French beans, onions, and other articles, except walnuts and cabbage. The jar should be kept constantly supplied with fresh pickles or vinegar.

Asparagus.

Gather and cut off the white ends of asparagus, wash the green ends in spring water; then put them into fresh water, and let them lie therein two or three hours. Put into a broad saucepan, filled with spring water, a handful of salt, set it on the fire, and when it boils, put in the asparagus loose, but not many at a time, and scald them. Take them out with a broad skimmer, and lay them on a cloth to cool. Make a pickle of white wine vinegar, and one ounce of bay salt, boil it, and put the asparagus into a stone jar. To one gallon of the pickle, put two nutmegs, a quarter of an ounce of mace, and the same quantity of whole white pepper. Pour the pickle hot over the asparagus, and cover the whole with a linen cloth, three or four times doubled. After standing a week, boil the pickle again, and do the same at the end of another week, and pour it on hot each time as before. When cold, cover the jar close.

Some persons pickle fruits, as grapes, peaches, nectarines, and apricots, but very preposterously.

BREAD, TEA-CAKES, &c.

As bread is the basis of human food, and therefore emphatically termed the Staff of Life, great care ought to be taken in regard to the quality and preparation of so important an article. Even when the flour is good, the bread made of it may prove bad through improper management, either by not kneading it well, keeping it too long, exposing it to the air, or mixing with it other substances. It has been demonstrated, that in London, and in other places, beans, buckwheat, and even burnt bones, plaster of Paris, and chalk, have by some unprincipled factors been incorporated with, and sold as, good wheaten flour. The adulteration with beans and peas may be detected by mixing a little of the flour with water, and a small quantity of ammonia, when the bean flour will turn brown, and that of peas yellow, while the flour of corn will be white. But ammonia will not detect the adulteration with burnt bones or mineral substances, and therefore when these are suspected, take a tea-spoonful of flour, put it into a wine-glass, fill it up with clean water, and, having stirred it well, let it stand half an hour; then decant the milky fluid from the top, which is starch in a state of solution: to the remainder, add a tea-spoonful of oil of vitriol, that is, sulphuric acid, which will dissolve the whole if pure; but if not, let it remain ten minutes, fill the glass again with water, when burnt bone, plaster of Paris, or chalk, will be seen at the bottom. Should the adulteration consist of chalk, a violent effervescence will ensue upon the addition of the acid. Another mode of detection is, to take a small quantity of flour, put it in an iron spoon, pass the flame of a candle with a blow-pipe upon it, and if pure, it will burn black, but if not, the white particles of mixed substances will be visible.

Some persons have a strong prejudice against alum in bread, but this appears to be erroneous, and an operative chemist has given it as his opinion, that if officers and informers were to seize the flour instead of the alum, in the shops of bakers, they would do a public service.

Though grain will keep good for a considerable time, this is not the case with flour, which loses a great portion of its nutritive properties by lying some weeks, whether in sacks or barrels.

Bread made with leaven is more wholesome than that with yeast, but it is not so agreeable to weak stomachs. Salt in

bread should be used sparingly, the dough should be suffered to rise some hours, and be well wrought with the hands. The oven ought not to be too close, that there may be an admission of air, and the loaves should be well baked, but not too much, for then the strength of the grain will be lost, nor too little, in which case the bread will be heavy and indigestible.

Bread should never be eaten till it has been kept one day at least.

Oaten cakes are often preferable to those of wheaten flour. Barley is less nutritive than either, but mixed in a small proportion with wheat, it is agreeable. Cakes, biscuits, buns, muffins, crumpets, and fine bread, do not sometimes agree with delicate constitutions, and those made without leaven or yeast are still less wholesome.

To make Yeast.

Thicken two quarts of water with fine flour, boil it half an hour, and sweeten it with about half a pound of brown sugar; when nearly cold, add to it four spoonsful of fresh yeast in a jug, shake it well together, and let it stand one day to ferment before the fire, but without covering it. A thin liquor will rise on the top, which must be poured off; shake the remainder, and cork it up for use. Take four spoonsful of the old, to ferment the next quantity you want to make. To remove the bitterness of the yeast, put some bran into a sieve, and pour the yeast through it, mixed with a little warm water.

To preserve Yeast.

Whisk it well until it is thin, take a wooden bowl, and put a layer of yeast over the inside with a brush. Let it dry, then add another layer, and so on till you have enough, observing never to put on the next layer till the first is thoroughly dry. It may be laid on two or three inches thick, and will keep for months. When to be used, cut out a piece, and put it into warm water, stirring it well.

To make Potato Yeast.

Boil one pound of mealy potatoes well; then skin them, mash them smooth, and put thereto as much hot water as will make it of the consistence of common yeast. After this, run the mass through a colander, put to it two ounces of coarse sugar, and when warm, stir in two table-spoonsful of common yeast. Keep the mixture warm till it has done fermenting, and in twenty-four hours it may be used. Bread made with this yeast should stand eight or ten hours before it is baked.

To make Plain Bread.

Sift a peck of fine flour into a heap, make a hole in the middle, and put therein about one pint of yeast mixed with as much warm water. Make it into light paste, cover up the dough, and let it stand before the fire for an hour. When it has risen sufficiently, mix the whole with at least two quarts of water in which some salt has been dissolved. Knead it till the dough is stiff, and then let it stand another hour. Knead it well again, and prove it one hour more, when it will be ready to form into loaves. A quartern loaf will take about an hour and a half baking in a brisk oven.

Family Bread.

Put a quartern of flour into a bowl, with two tea-spoonsful of salt, make a hole in the middle, then pour into a basin four table-spoonsful of yeast, stir in a pint of milk made lukewarm, and put the whole into the cavity of the flour. Stir it just enough to make a batter, and then strew some flour on the top; set it on one side of the fire, and cover it up. Let it stand till morning, then make it into dough, add half a pint more of warm milk, knead it ten minutes, and set it by the fire for an hour and a half, after which, knead it again, and then make it into loaves. Bake them from one hour and a half, to two hours, according to the size.

An economical Bread.

Take only the coarse bran from the wheat, and grind the second coat or pollard with the meal. Five pounds of this bran are to be boiled in little more than four gallons of water, so that when perfectly smooth, three and a half of the water may be kneaded with fifty-six pounds of the brown flour, adding salt and yeast as in other cases. When the dough is ready, the loaves are to be made up, and baked two hours and a half. This bread, when ten days old, if put again into the oven, will appear quite fresh.

French Bread.

Take half a peck of fine flour, and having well sifted it into the kneading trough, form a hole in the middle, into which strain about half a pint of warm milk, and as much yeast, mixing enough of the flour to form a light sponge. Then cover it well with a linen and flannel cloth, and place it before the fire for about three-quarters of an hour. Next warm a pint and a half of milk, with half a pint of water, a quarter of a pound of fresh butter, a spoonful of powdered loaf sugar, and a little salt. Knead it with the dough to a proper consistence, and set it before the fire. Then, having kneaded it again, and set it to rise, form the dough into loaves,

of any size you please, lay them on tin plates, set them before the fire for about twenty minutes, bake them in a quick oven, and rasp them while hot. Some persons put in an egg with the butter, leaving out half the white.

Rice Bread.

Steep a pound of whole rice in warm water till tender, then pour off the water, and put the rice before it is cold into four pounds and a half of wheaten flour. Add thereto about a quarter of a pint of yeast, a little salt, and as much lukewarm water as will make it into dough. It must be baked in the usual way, and for the same length of time.

Potato Bread.

Rub half a pound of mealy potatoes, after boiling or steaming them, into a pound and a half of fine flour dried before the fire. When mixed, put in a spoonful and a half of yeast, a little salt, and enough of warm milk and water to work it to a dough. Set it to stand before the fire an hour and a half, then make it into loaves and bake them in a moderate oven. The best way is to bake them in tins.

Leavened Bread.

Take about two pounds of dough from your last baking, cover it with flour, and keep it in a wooden bowl. The night before you intend to bake, put this dough into a peck of flour, and work the whole well together with warm water. Let it lie in a dry wooden trough, covered with a linen cloth, and a flannel over it, in a warm place. The dough kept warm, will rise again the next morning, and prove sufficient to mix with two or three bushels of flour, when worked up with warm water, and a pound of salt to each bushel. Being well worked, and thoroughly incorporated, cover it as before till it rises; then knead, and make it into loaves. The more leaven is used, the lighter the bread will be.

Diet Bread.

Sift one pound of fine flour, and dry it thoroughly by the fire, beat up eight eggs for a short time, and then add gradually one pound of beaten and sifted loaf sugar. Continue beating them together an hour and a half. Then strew the flour on cold, with half an ounce of caraway and coriander seeds mixed together, and slightly bruised. The beating must be continued till the whole is put into the mould or hoop, and set in a quick, but not too hot, oven. An hour will bake it sufficiently.

Hunting Bread.

Mix one pound and a half of fine flour, and a pound of sugar, add caraway and coriander seeds, with six yolks of

eggs, and four of the whites beat up in a little rose water, and strained into the flour. After this, put in a little yeast, roll it out thin, and cut it in square pieces to be baked on buttered papers or sheets of tin.

Apple Bread.

A very light and pleasant bread is made in France, by a mixture of apples and flour, in the proportion of one of the former to two of the latter. The usual quantity of yeast is employed as in making common bread, and is beat up with flour and the warm pulp of the apples after boiling them; the dough is then considered as set, and is put into a proper vessel, and allowed to rise for eight or twelve hours, after which it is baked in long loaves. But little water is requisite, and none if the apples are fresh.

French Rolls.

Take one pint and a half of warm milk, half a pint of small-beer yeast, and add thereto yeast enough to make a batter, put it into a pan, cover it over, and keep it warm. When it has risen, add a quarter of a pint of warm water, and half an ounce of salt; mix them together, rub into a little flour two ounces of butter, then make your dough, but not so stiff as for bread, let it stand three-quarters of an hour, and make it into rolls. When they have risen, put them into a quick oven.

Bath Rolls.

Warm two ounces of butter in a pint of milk, and add three spoonsful of table-beer yeast, with a little saffron boiled in a cupful of milk, and some salt. Mix the whole well with four pounds of dried and sifted flour, set the paste to rise for about half an hour, knead it sufficiently, and make it into twelve rolls or cakes. Bake them in a quick oven.

Potato Rolls.

Dry one pound and a half of flour, bruise a pound of well boiled and mealy potatoes, work them with half an ounce of butter, and half a pint of milk, till they will pass through a colander. Put one quarter of a pint of warm water to the same quantity of yeast, which must be added with some salt to the potatoes, and the whole mixed up with the flour. If in working it is too stiff, put thereto a little milk. When well kneaded, set it before the fire to rise for half an hour, after which make it into rolls, and bake them half an hour in a quick oven.

Yorkshire Cakes.

Mix two pounds of flour with a quarter of a pound of butter melted in a pint of milk, two beaten eggs, and three

spoonsful of yeast. Mix the whole well together, and set it to rise; then knead, and make it into cakes, which are to be baked in a slow oven, after letting them stand some time. They are lighter when made without butter, but eat shorter with it. They should be buttered as soon as they come out of the oven, or cut in two when cold, toasted brown, and buttered.

Muffins.

Build a place as if for a copper, lay a piece of cast iron all over the top, resembling the bottom of an iron pot, and when wanted for use, heat it with a coal fire made in the furnace underneath. Then put a quarter of a peck of very white flour into the trough, mix a pint and a half of warm milk and water, with a quarter of a pint of mild ale yeast, and a little salt; stir these together for a quarter of an hour, strain the liquid into the flour, mix the dough as light as possible, and set it to rise for an hour. Make it up with the hands, pull it into pieces, each of the size of a walnut, roll them up like balls, and lay a flannel over them as fast as they are done, and keep the dough covered the whole time. When the dough is quite rolled into balls, the first that are done will be ready for baking, and may be spread out into the form of muffins. Lay them on the heated plate, and as the bottoms change colour, turn them on the other side. Care must be taken to avoid burning them, and if the middle of the plate is too hot, a brick or two should be put into the centre of the fire to moderate the heat. A better sort is made by mixing a pound of flour with an egg, an ounce of butter melted in a pint of milk, and two table-spoonsful of yeast beaten well up together. Set it for two or three hours to rise, and bake the muffins in the usual way.

Crumpets.

Make a thin batter of flour, milk, water, and a very little yeast. Pour this on an iron plate, like pancakes in a frying pan. The crumpets are soon done on one side, and must therefore be quickly turned.

Oat Cakes.

Sift a quarter of a peck of fine oatmeal; then take about a pint of warm water, half a glass of mild ale yeast, and half an ounce of salt, stir these together for about ten minutes, strain the whole into the oatmeal, mix the dough high, and light as for muffins, and let it remain an hour to rise. After this, roll it up with the hand, and pull it into pieces about the size of an egg, roll these out with a rolling pin on plenty of flour, cover them with flannel, and they will soon be of a proper thickness. Bake them on an iron plate. Toast them crisp on both sides, but without burning them; then pull them open, lay in some butter, and put the two parts together again.

Rusks.

Beat up seven eggs, and mix with the same half a pint of new milk, in which a quarter of a pound of butter has been melted. Add to it a quarter of a pint of yeast, and three ounces of sugar; then put this mixture gradually into as much flour as will make a light batter; let it rise before the fire half an hour, and then add more flour to stiffen it. Knead it well, and divide it into small loaves or cakes, and flatten them. When baked and cold, slice them, and put them into the oven to brown a little. When first baked, they eat well buttered, or with caraways they are good cold.—For French rusks, mix with a wooden spoon, three-quarters of a pound of powdered loaf sugar, and half a pint of the yolks of eggs. Put in a handful of caraway seeds, with a pound of flour, work the whole well together, roll out the paste above a foot in length, and about the thickness of your wrist. Lay it on a plate, with three or four sheets of paper beneath, and flatten it with the hand so as to be nearly an inch and a half high in the middle, but sloping downwards nearly even with the paste on each side. Set it in a gentle oven, and bake it moderately. Wet the paper, to bring it off warm, and then having cut the rusk into shapes, put them again into the oven. When dry and brown they will be fit for use. The caraways may be omitted.

Sally Lunn's Tea-cakes.

Sally Lunn was famous at Bath about half a century ago for her buns and cakes, particularly one which yet bears her name, and is highly esteemed in that city and neighbourhood. To make it, take one pint of warm milk, or rather cream, with a tea-cupful of yeast, put these into a pan, with flour enough to form a thick batter, add thereto the yolks of three eggs, and two ounces of lump sugar dissolved in some warm milk, and a quarter of a pound of butter rubbed into the flour. When risen, make the dough into cakes, put them on tins, and bake them in a quick oven. Care should be taken never to put the yeast into water or milk too hot or too cold, as either extreme will destroy the fermentation. In summer it should be lukewarm, but in winter a little warmer, and in very cold weather, warmer still. When it has first risen, if you are not prepared, it will not hurt to stand an hour.

THE DOMESTIC BREWERY.

PREPARATORY to the process of brewing, care must be taken to have your vessels in good condition. The size of them will depend upon the quantity of liquor intended to be made. The first utensil is the copper, which should hold at least forty gallons, in order to leave proper room for the ingredients and the steam. The next is the mashing tub and penstaff, to which is added an underback or receiving tub, next there must be three or four coolers, and a tun tub, for which last, holding thirty gallons, nothing is better than an old cask, provided it be sweet. Every article must be kept perfectly clean, and if possible never applied to any other purpose; as the least scent which they acquire will be imparted to the beer. For the same reason, it is improper to suffer washing in the brewhouse, as nothing can be more disagreeable, and even hurtful, than foul soap suds or ley. In preparing the coolers, avoid letting the water remain long in them, as it will soak into the wood, and give it an incurable mustiness. These vessels should be well scoured two or three times with cold water, which is more proper than hot to effect a perfect cleansing, for heat collects and diffuses foulness instead of removing it.

The mash tub should be perfectly cleared from the grains immediately after being used, lest the fermentation impart a sour smell to the vessel, for if the atmosphere of the brewhouse is affected with a bad scent, the liquor and wort will be tainted also.

With respect to the ingredients for brewing, the first object is the malt, which should be chosen by its sweet smell, mellow taste, round body, and fine skin. There is a distinction between high-dried and low-dried malt. The first produces a liquor of a deep brown colour, and the other yields one of a pale complexion. The last is by far the most wholesome, and ought therefore to be preferred for domestic purposes.

As to hops, the newest are the best, though they will continue fit for use some years, if kept in large quantities. They are to be chosen by their light green colour, sweet smell, and clammy feel when rubbed between the hands. To preserve them, if in a small quantity, they should be hung up in a bag in a dry place.

The yeast used for working the liquor must also be sweet, otherwise the brewing will be spoiled. In some places yeast

is kept by dipping whisks into it, and then suspending them to dry. When wanted, one of them is beaten and stirred in new wort to raise a fermentation.

Rain water, or that of ponds and rivers, when clear, is best; but it should be tried by the brewer before boiling, to discover whether it has a pure taste. Hard water, however, may be safely employed by varying the extracting heat some degrees, and allowing a few hours more to the worts. River water should not be adopted during the hot months; as it then becomes acidulous, by the action of the putrescent vegetable matter which it contains in that season. When water happens to be very hard, it may be softened by exposing it to the air and sun, and putting therein some pieces of chalk; or when the water has been set on to boil, in order to be poured on the malt, a quantity of bran may be put into it, which will have the same effect.

March and October are the two most approved months for brewing, since, in very cold weather, the new drink will not work clear; and when the air is hot, the liquor will not keep. The cellar should be cool, dry, and so contrived as to exclude the external air as much as possible, for the variations of the atmosphere will produce corresponding changes in all liquors.

Two bushels of malt and a pound and a half of hops will make eighteen gallons of ale, the same quantity of table beer, and nine gallons of small beer. But if the liquor is intended for immediate use, and the weather is mild, half a pound of hops to a bushel of malt will be sufficient. When the best beer is to be kept for some months, the proportion of hops should be increased to one pound for every bushel of malt; and if the former are old more still must be applied.

Brewing consists of five processes in successive order,—mashing, boiling, cooling, fermenting, and cleansing.

A quantity of water, equal at least in bulk to the malt, is to be put into the copper, and heated up to 180 or 190 degrees, according to fancy and the quality of the malt. But the most experienced brewers generally prefer the lowest temperature. This water is then to be let into the mash tub, and when clear enough to reflect your shadow, the malt, previously ground, is to be added immediately. The whole is then mixed, and all the clots carefully broken by stirring with a mashing stick. Great care must be taken to break all the clots, because the whole of the malt within them would otherwise escape the action of the water, and be lost. When the water and malt are sufficiently blended, cover the tub with some sacks, or any thing else of that kind, and let it stand for some time, according to circumstances.

In about three hours the tub must be opened by withdrawing the staff, and letting the wort run out into the vessel beneath; at the same time taking off the covering from the top, and pouring on quantities of fresh water of the same temperature as the former. No specific directions can be given respecting the quantity, because that must depend upon the views of the brewer. If he wishes to have ale of great strength, he will, of course, add less water; and if the ale is to be weak, he must pour in more. Neither can any general rule be laid down for the strength of the wort when it begins to flow from the mash. It will obviously depend upon the goodness of the malt, and upon the quantity of mashing water employed, when compared with that of the malt. The wort, as fast as it flows from the mash tub, ought to be a transparent fluid of a fine amber colour, a peculiar smell, and a luscious taste. If it is cloudy, it is a proof that the water used in mashing was of too high a temperature; and this is a reason why the brewers wish to keep the degree of heat to a low state.

If the wort which first comes over be evaporated to dryness, it leaves behind a yellow residuum, which has a sweet taste, dissolves readily in water, and becomes clammy like molasses. The flavour and beauty of the ale is increased, if we take only the wort that runs off first, and employ the last in the making of small beer.

The next process in brewing is the boiling of the wort; to perform which, the liquor is taken from the under back, and put into the copper, where it is boiled several hours, till it has acquired the proper strength. While the wort is in the boiler, the requisite quantity of hops is added to flavour the ale, and render it capable of being kept for a considerable time without turning sour. The usual quantity is half a pound of hops to a bushel of malt, for liquor that is to be used immediately; but for that which is to be kept a longer time, the proportion must be at least doubled. Quick boiling is very necessary; but great caution must be observed in attending the motions of the liquor, and to keep it down when it begins to swell. In this state of the process, some brewers dip a copper bowl into the liquor, and when they discover it working and the hops sinking, they conclude that it has boiled sufficiently. This is sometimes completed in thirty-five or forty minutes; but the rule is often extended five or ten minutes longer, according to the different qualities of malt. Long and slow boiling, is both injurious in itself, and wasteful.

After the wort has been boiled down to the requisite strength, it is let out into the coolers, which are shallow tubs, over which a free current of air must be suffered to

pass as quick as possible; for which purpose the depth of the liquor ought not to exceed three or four inches in the winter, and two inches in the summer, care being taken to proportion the vessels to the quantity of malt.

When the wort is sufficiently cooled down by exposure to the atmospheric air, it is let into the fermenting tub, or, as the brewers call it, the gyle tun, which is of a cylindrical form, and varying in size according to the extent of the concern. The vessel must not be filled with the wort, because a considerable increase of bulk takes place during the fermentation, in consequence of which, the liquor would run over unless allowance were made for it.

In cold weather, where the brewery is small, and the apartment in which the fermenting vessels are placed is open to the air, it is not proper to reduce the temperature of the wort as low as that of the atmosphere. But when the brewer is obliged to make ale in summer, it is material to lessen the temperature as much as possible. In such case, great advantage would attend cooling the wort in places where there is no roof or covering, because in clear nights the liquor might be cooled in this way, eight or ten degrees lower than the temperature of the atmosphere. At all events, in the latter case the mashing should be deferred till noon, as the worts will then come off in the evening, and lie during the whole of the night. In the morning they should be examined before the sun has gained power, and if found to be sufficiently cold, set to work immediately; but if not, they may remain an hour or two longer.

The quantity of yeast necessary to excite fermentation, is in proportion of one quart, when fresh and steady, to forty gallons of strong beer, and a third less to as much of table beer or small ale. On putting in the yeast, it should be stirred for two or three minutes to incorporate, and facilitate the working. The yeast should be put at once into the tun, unless the vessel stands so as to be affected by a sudden change of weather; in which case it may be put in gradually, and in greater quantities, according to necessity. The head ought to be beaten in frequently, and the whole stirred well together to receive and quicken the fermenting process. The tun must be kept closely covered in every case, to prevent the escape of the fixed air. The time which strong beer will take in fermenting, depends on the weather and other circumstances; sometimes it will be complete in forty, and at others sixty hours. To hasten it, attention must be paid to the head; the turning of which may be known by its brown yeasty appearance, which will grow darker till it has done working. As soon as this is ascertained, tunning must take place immediately, to prevent the head falling back into the

beer, and giving it that disagreeable taste called by the brewers, the yeast bitter; besides which, the fermentation would continue, though in a languid manner, and the ale thereby become acid.

We now come to the last stage of brewing, termed the cleansing or tunning, which is nothing more than the drawing off the liquor into small casks, and leaving them with their bungs open. The removal of the ale from the tun lowers its temperature, and of course checks the fermentation, on which account the cleansing is sometimes practised in summer, when the state of the wort is in a high state of elevation. The ale will still continue to ferment, after it is put into the small casks; but as these are always kept full, the yeast, when it comes to the surface, flows out at the bung, and is thus separated altogether from the liquor. It is this separation which the brewers distinguish by the name of cleansing. The yeast divides itself, therefore, into two portions; the greater part rises with the carbonic acid that is evolved, and flows out at the bung-hole, while the rest subsides to the bottom, and forms what are called the dregs of the beer. It is essential to the cleansing that the casks should be always full, otherwise the yeast will not run off, and the beer will of course be cloudy.

When the beer has been completely worked off, it will be proper to remove it to the place where it is to remain till used. As soon as it has settled, the bungs must be drawn, and the casks filled up quite full with fine beer, taking care to skim off the head as it rises. After it has been attended to in this manner for two or three days, about three quarts should be drawn off from each cask, and about two quarts of fresh boiled hops made as dry as possible put into the beer. The casks are then to be bunged down tight, and a hole bored for the vent peg, which should be left rather slack one or two days; and if the liquor is observed to fret, or a discharge takes place at the vent, two or three pints more should be drawn away. When the fretting has ended, the peg may be beaten in tight, and it will be only necessary now and then to examine whether it is inclinable to ferment, in which case some more liquor must be drawn off.

Great attention must be paid to the state of the casks, for if they are not perfectly sweet, the beer will be spoiled. New casks are apt to give the liquor a bad taste, unless they are previously well scalded and seasoned; old ones, on the other hand, will grow musty if they stand long without being used.

If the beer requires fining, take an ounce of isinglass cut small, and boil it in three quarts of beer, till completely

dissolved; when quite cold, put it into the cask, and stir it well with a stick. The liquor, thus purified, should be tapped soon, otherwise the fining will make it flat.—Another method is, to boil a pint of wheat in two quarts of water, and squeeze the liquid through a linen cloth. A pint of this will be sufficient for a kilderkin of ale, and will both fine and preserve it.—Or, mix in a pint of water, half an ounce of unslaked lime, let it stand three hours, then pour off the clean liquor, and add to it half an ounce of isinglass cut small, and boiled in a little water; pour this into the barrel, and in five or six hours the beer will be fine enough to drink.

As beer is very liable to be affected by thunder and stormy weather, it should be examined, and if, on drawing the vent-peg, it happens to fret, the bung should be raised, and left so till the liquor is at rest.

Beer that is kept a considerable time, will sometimes drink hard and stale, owing to the sediment at the bottom of the cask; or its having lain too long in the working tub. To remedy this flatness, take a quart of brandy, and put as much wheaten or bran flour to it as will make a lump of dough; roll this into long pieces, and let them fall gently through the bung hole. This will both keep the beer in a mellow state, and increase its strength.—Or, you may add a pound of the powder of dried oyster shells, or soft chalk, to the same quantity of treacle. Mix the whole into a paste, and put it into the butt.—Another method is, to dry a peck of egg shells in an oven, break and mix them with two pounds of soft chalk; add thereto some water, in which a quantity of coarse sugar has been boiled, and put it into the cask when it has done working.

The best way to recover strong beer, when stale, is to brew an equal quantity of new liquor, and mix it with the old. Hop and fine it down, and it will be very good in a few weeks.—Or, you may take two ounces of new hops and a pound of chalk broken into several pieces; put the whole into the cask, and bung it up close. In three days it will be fit for use. This is enough for a kilderkin.—Another way is, to take four or five gallons from the cask, and mix with it five pounds of honey; skim it well when cold, and return it to the vessel; stop it close, and the liquor will revive.—Or, put into a fine net, about one pound of hops, with a weight to sink it to the bottom of the cask. This will be enough for a butt; and of course, if the cask be smaller, the hops must be in proportion. Tap it in six months; but if wanted sooner, put in some hops that have been boiled a short time in the first wort, either with or without a net.

With regard to bottling of malt liquor, care must be taken

that the bottles are well cleaned and dried, for if there be any moisture in them, the beer will turn mouldy. The corks also must be new and sound, otherwise the ale or beer will be quickly spoiled, for if the external air intrudes itself, the liquor will soon grow flat, or acquire a bad taste. In choosing corks, take those that are spongy and free from specks and grains.

Observe also in the bottling of liquor, that the top and middle of the cask are the strongest, and will sooner rise in the bottles than that drawn from the bottom. When you begin to bottle any liquor, take care not to leave it till the whole is completed, otherwise it will have different degrees of flavour. If a cask of liquor begins to be flat while in draught, draw it off into bottles, and put into each a piece of lump sugar, about the size of a walnut, which will make the beer rise. To hasten the ripening, you may set some bottles in hay in a warm place, but straw will not produce that effect.

To make Welsh Ale.

Pour forty-two gallons of hot water, but not quite boiling, upon eight bushels of malt; cover, and let it stand three hours. Meanwhile, infuse four pounds of hops in a little water, and put the same into the tub, run the wort upon them, and boil them three hours. Strain off the hops, and keep them for the small beer. Let the wort stand in a high tub till cool enough for the yeast, of which, whether of ale or that of small beer, put in two quarts. Mix the whole thoroughly and stir it often. When the wort has done fermenting, which will be about the second or third day, the yeast will sink rather than rise; and must be removed immediately, and the ale tunned as fast as it works out. Pour a quart in at a time, but gently, to prevent the fermentation from continuing too long. Lay some paper over the bung-hole, two or three days previous to stopping it up.

Windsor Ale.

For a good imitation of Windsor ale, take of the best pale malt a bushel; of the finest hops, that have been soaked all night in cold water, a pound; of clarified honey and sugar, each a pound; of liquorice root, well cut and bruised, a quarter of a pound; of grains of paradise ground, half an ounce; of orange peel a quarter of an ounce, and of coriander seed, cinnamon, and angelica root, each a drachm. Brew the whole, in the common way, with three mashings, using bran flour instead of that of grain, and a little salt in the cleansing.

Spruce Beer.

This beverage is an excellent antiscorbutic, and in summer is very refreshing. The best mode of making it is as fol-

lows :—Pour eight gallons of cold water into a barrel, and then add the same quantity of boiling water, with twelve pounds of molasses, and about half a pound of the essence of spruce; on its becoming cooler, put in half a pint of good ale yeast. Stir the whole well, or roll the barrel about, and then leave it with the bung out for two or three days, after which bottle the liquor, and wire the corks for use. If spruce beer is made from the branches or cones, they must be boiled two hours, after which the liquor is to be strained into a barrel, and the molasses and yeast added as already directed. Spruce beer should be bottled in stone, and drank immediately on being opened.

White Spruce Beer is thus made :—For a cask of six gallons, mix a quarter of a pound of the essence of spruce, seven pounds of loaf sugar made into a clarified syrup, and about one gallon and a half of hot water. When sufficiently stirred and incorporated, put it into the cask, and fill it nearly up with cold water; then add about a quarter of a pint of good yeast, shake the vessel well, and let it work three or four days, after which, bung it up. In a few days it may be bottled off, and in about a week more it will be fit for use. To give it transparency, add an ounce of isinglass first dissolved in some of the warm liquor or cider. In proportion to the coldness of the weather, the quantity of yeast should be increased. In warm weather little ferment is required.

Treacle Beer.

To two quarts of boiling water add one pound of treacle, or molasses, stir these together till they are well mixed, then put in six or eight quarts of cold water, and a tea-cupful of yeast. Put the whole into a clean cask, cover it with a coarse cloth two or three times double, and in two or three days it will be fit for use. It may be also bottled, and the second or third time of making, the bottom of the first beer will serve for yeast. If made in a large quantity, or intended for keeping, a handful of hops and another of malt should be put in, for it to feed on; and when done, it is to be stoppered up close. Some people add thereto raisins, bran, wormwood, spices, and any fruit that may be in season.

Another method.

To eight quarts of boiling water, put one pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Boil the whole for a quarter of an hour, then cool, and work it with yeast in the same way as other beer. A little yeast spread on a piece of toast, and put into the liquid before it is cold, will excite a fermentation; and when it has done working, it may be bottled or barrelled, according to the

quantity required for immediate use. If wanted to keep, a small bit of gentian root, with or without a little lemon or orange peel, may be boiled in the liquor, which will give it an agreeable taste

China Ale.

To six gallons of ale made of malt, add a quarter of a pound of China root, thinly sliced, and the same quantity of coriander seeds bruised; hang these in a tiffany or coarse linen bag in the vessel till it has done working, and let it stand a fortnight before it is bottled.

ART OF MAKING WINES AND CORDIALS

In making British wines it is necessary to observe these general directions. Do not let the juice stand too long after being expressed from the fruit in boiling water, and be careful to put in the yeast for fermentation in proper time, otherwise it will fret in the cask, in which case no art can recover its flavour or make it fine. Nor must it be left to work too long, as this will take off its sweetness. The vessels also must be clean and dry, and it will be advisable to rinse them with a little brandy. When the fermentation terminates, bung it up close.

Mead or Metheglin.

To every gallon of water put three pounds of honey, boil it well, and skim it all the time. While boiling, put in two lemon peels for each gallon. Empty it into a clean tub, and while about milk-warm, add some yeast and work it. Then put it into a clean barrel for five or six months, and afterwards bottle it for use. You may strain the skimmings through a filtering bag. If you allow to every gallon four pounds of honey, it will keep for seven years.

The Welsh have another method of making mead, to which they give the name of bragget. They put to a gallon of water, a pound of honey, and stir the whole well; then add half a handful each of rosemary tops, bay leaves, sweetbriar, angelica, balm, thyme, or other herbs, with half an ounce of ginger, nutmeg, mace, cinnamon, and cloves, all boiled gently about half an hour, and skimmed constantly. This liquor is mixed hot with three gallons of the first runnings of strong ale or sweet wort, and placed over the fire, but not suffered to boil. When cool, it is strained and fermented with yeast, and afterwards barrelled with a bag of spices suspended in it.

English Claret.

Take six gallons of water, two gallons of cider, and eight pounds of Malaga raisins bruised, put them all together, and

keep them closely covered in a warm place for a fortnight, stirring the whole well every other day. Then strain out the liquor into a clean cask, and put to it a quart of barberries, a pint of the juice of raspberries, and as much of the juice of blackberries. Work it up with a little mustard seed, and cover it with a piece of dough three or four days by the fire-side; then let it stand a week, and bottle it off.

Frontignac.

Take six gallons of water, twelve pounds of loaf sugar, and six pounds of raisins of the sun cut small. Boil these together an hour, and when nearly cold, put in half a peck of elder flowers. Next day add six spoonsful of the syrup of lemons, with four spoonsful of ale yeast, and two days after that, put the liquor into a clean cask, and bung it up. When it has stood two months, bottle it off.

British Champagne.

Boil three gallons of water, and nine pounds of loaf sugar, half an hour, skim it clean, and then pour the hot liquor upon one gallon of white currants, picked from the stalks, but not bruised, and when cold, ferment it for two days with half a pint of ale yeast. Next pass it through a flannel bag into a clean cask, adding half a pint of isinglass finings. When it has done working, stop it close for a month, and then bottle it, putting into every bottle a bit of loaf sugar.

English Port.

Put eight gallons of good port wine into a clean sixty-gallon cask, first fumed with a match. Add to it forty gallons of good cider, or turnip juice, and then fill up the hogs-head with French or British brandy. The juice of elderberries and sloes will give it a roughness, and cochineal will communicate to it a proper colour.

Dry Raisin Wine. English Mountain.

First pick out the largest stalks of a quantity of Malaga raisins, chop them small, and put five pounds of them to every gallon of cold spring water. Let them remain a fortnight or more, then squeeze out the liquor, and put it into a cask that has been previously fumigated with a match. Let it remain unstopped till the hissing or fermentation has ceased, then bung it up, and when fine, bottle it off.

English Sack.

To every quart of water put a sprig of rue, and to every gallon a handful of fennel roots; boil these half an hour; and strain it out; then to every gallon of liquor put three pounds

of honey. Boil it two hours, and skim it well, pour it off when cold, and tun it into a clean cask, after which it may be bottled

Raisin Wine

Take the best Malaga raisins, pick out the large stalks, and have your water ready boiled. When cold, measure as many gallons as you design to make, and put it into a large tub, that you may have room to stir it. To every gallon of water put six pounds of raisins, and let the whole remain fourteen days, stirring it twice in twenty-four hours. When you have strained it off, put it into your cask, reserving a sufficient quantity to keep it filled as the liquor works over, which it will often do for two months or more. It must not be closed till the fermentation has ceased.—Or, take two gallons of spring water, and let it boil for half an hour. Then put into an earthen jar two pounds of sugar, and the rinds of two lemons; pour the boiling water thereon, and let it stand covered four or five days, after which bottle it off. In fifteen or sixteen days it will be fit for use.—Or, take forty pounds of Malaga raisins in March, cut them slightly, and throw the stalks into two gallons of water; then taking this water in part, put the raisins into a cask, with six gallons more of water, and a pint of the best brandy. Stir it up with a stick once a day, for a week; then close it well up, let it stand half a year, and bottle it off.—Or, to every gallon of water put five pounds of raisins, picked from the stalks and pulled in two, let them steep a fortnight, stirring them every day; then pour off the liquor, squeezing the juice out of the raisins. Put the liquor into a clean cask that will just hold it, taking care that it is quite full, and let it stand open till it has done working; then add a pint of French brandy to every two gallons, and stop it up close. It must stand six months before it is bottled off, in doing which, do not draw it too near the bottom of the cask. The first three months of the year are the best to make it, the fruit being then new.—Another method of making this pleasant liquor is as follows: Take three hundred pounds of Malaga raisins, not picked, put them into a hogshead of spring water, with a pound of hops, and let the whole stand a fortnight, stirring it twice a day. Then press it into a tub, and put into it a large piece of toasted bread, spread over with yeast, and let it ferment twenty-four hours; afterwards put the liquor into a cask, where it may work fourteen days longer; fill it up again as it works over, and when it has ceased, let it be well bunged. You may afterwards put eighteen gallons of water upon the raisins for small wine, and in a week after press it out. When about two months old, bottle it off.

Currant Wine.

Take four gallons of currants that are not too ripe, and strip them into an earthen jar with a cover to it; then put into two gallons and a half of water, five pounds and a half of sugar. Boil these last together, and having skimmed it well, pour it boiling hot on the currants, and let it stand forty-eight hours; after this, strain the liquor through a flannel bag into the vessel again, and let it stand for a fortnight to settle, and then bottle it off.—Or, gather your currants fully ripe, strip them and bruise them in a mortar, and to every gallon of the pulp put two quarts of water that has been previously boiled and left to cool. Let it stand in a tub twenty-four hours to ferment, then run it gently through a hair sieve. To every gallon of liquor put two pounds and a half of loaf sugar, stir it well, and then pour it into your cask, adding to every six gallons a quart of the best rectified spirits of wine. Let it stand six weeks, and then bottle it off. It will be best at first to draw it off into large bottles, and after it has stood a fortnight, to rack it off into smaller ones.—Another method is, to take your currants when fully ripe, strip and break them with your hands till all the berries are well bruised, and to every quart of pulp put a quart of water. Then mix them well together, and let them stand all night in a tub. Next strain them through a hair sieve, and to every gallon add two pounds and a half of loaf sugar, and when it is dissolved, put it into the cask, adding thereto a little isinglass. To every four gallons put a quart of mountain wine; then bung up the cask, and when fine draw it off, and wash the cask with a little of the wine, run the grounds through a bag, and put the whole into your cask again. To every gallon put half a pound more sugar, let it stand a month, and then bottle it off.

Orange Wine.

Take thirty pounds of new Malaga raisins, pick them clean, and chop them small. Next get twenty large Seville oranges, ten of which must be pared as thin as for preserving; then boil about eight gallons of soft water till a third part be consumed, and after letting it cool a little, pour five gallons of it upon your raisins and orange peel, and cover it up. When cold, let it stand five days, stirring it once or twice a day. Run this liquor through a hair sieve, and with a wooden spoon press the pulp as dry as you can; then put it in a clean cask, adding the rinds of the other ten oranges, pared as thin as the first. The day before you tun it, make a syrup of the juice of the whole twenty oranges with a pound of white sugar. Stir them well together, and close the cask up. Let it stand two months to fine, and then bottle it off. It will improve by being kept three years.—Or, take twelve

gallons of water, and twenty pounds of sugar, boil the whole half an hour, skimming it all the time. Have in readiness the peels of one hundred oranges in a tub, so thinly pared, that no white shall appear on them. Afterwards pour on your boiling water, and keep it close. Pick the seeds carefully out, and when the liquor is milk-warm, add to it six spoonsful of good ale yeast. Let it ferment two days, and then put it into a clean cask, with a gallon of white wine and a quart of brandy. Let it stand a month, then bottle it off, putting a lump of loaf sugar into each bottle.—Or, put twelve pounds of fine sugar, and the whites of eight eggs well beaten, into six gallons of spring water; let it boil one hour, and skim it all the time. Then take it off, and while milk-warm, add the juice and the rinds of fifty Seville oranges, and six spoonsful of good ale yeast. Let it stand two days, and then put it into your cask, with two quarts of bucella wine, and the juice of twelve lemons. Observe, that you must let the juice of the lemons, the wine, and two pounds of loaf sugar, stand closely covered for ten or twelve hours before you put in the ingredients, taking care also to skim off the seeds. The lemon peels must be put into the cask with the oranges, and half the rinds of the latter. It must stand ten or twelve days before it is bottled.

Gooseberry Wine.

To four pounds of gooseberries take a pound and a quarter of sugar, and a quart of spring water. Bruise the berries, and let them lie twenty-four hours in water, stirring them frequently; then press out the liquor, and add the sugar to it, after which, put it into a clean cask, and when the fermentation has ceased, close it up, and let it stand a month; then rack it off into another cask, and let it stand five or six weeks longer. On bottling it off, put a lump of sugar into every bottle.

Pearl Gooseberry Wine.

Take as many as you think proper of the best pearl gooseberries, bruise them, and let them stand all night, the next morning press or squeeze them out, and let the liquor stand for seven or eight hours; then pour off the clear juice from the sediment, and measure it as you put it into the cask, adding to every three pints of liquor, a pound of loaf sugar broken into small lumps, together with a little finings. Close it up, and in three months bottle it off, putting into every bottle a small piece of loaf sugar.—Or, boil eight gallons of water and a pound of sugar an hour, skim it well, and let it stand till it is cold; then to every quart of this liquor allow three pounds of gooseberries, first beaten or bruised. Let it stand twenty-four hours, then strain it out, and to every gal

lon add three pounds of moist sugar. Let this stand in the vessel twelve hours; then take off the thick scum, and put the clear liquor into a clean cask, in which it must remain for a month. Then draw it off, and rinse the cask with some of the liquor, after which, put the wine in again, and let it stand four months before it is bottled.—Or, take twenty-four quarts of ripe gooseberries, and twelve quarts of water, that has been boiled two hours. Then pick the gooseberries, and bruise them in a platter with a rolling-pin, as small as you can. Put the water when it is cold on the bruised gooseberries, and let them stand together twelve hours, and when you drain it off, take only the clear liquor, which must be afterwards measured, and to every quart add three-quarters of a pound of loaf sugar; let it stand six or eight hours to dissolve, stirring it two or three times; then put it into the cask, with two or three spoonful of good ale yeast; put in the bung lightly at first, that it may work, and when it has ceased to do so, or if no fermentation appears, close it well up, and bottle it in frosty weather.—Or, take a quantity of gooseberries before they are too ripe, bruise them in a wooden vessel, but not too much, lest you break the seeds; then measure them, and to every gallon of berries put two of cold water, stir them well together, and let them stand for a night and a day covered. Draw the liquor from the berries into a vessel, or if too thick, strain it through a bag, to every gallon of which, add two pounds of loaf sugar dissolved, stir it well together, and put it into a cask; then let it work for two days, and bung it up for a week, after which, draw it off, and wash the cask out with a little of the liquor, and to every gallon add half a pound more sugar. Stir it well up, and put it again into the cask. Then bung it up for a month, when it will be fit for bottling.—Or, to every pound of gooseberries add one and a quarter of loaf sugar, and a quart of spring water; bruise the berries, and let them stand in the water twenty-four hours, stirring them often; then press out the liquor into a clean cask, that it may ferment, and when it has ceased, close it up, and let it stand a month; then rack it into another clean cask, for six or seven weeks longer, after which, bottle it off, and put a small lump of loaf sugar into each bottle. Cork them well, and let the liquor remain a quarter of a year before it is drank.

Cowslip Wine.

Take six gallons of water, and to every gallon add two pounds of loaf sugar, boil it about an hour, and then let it cool. Toast a piece of bread, and spread both sides of it with yeast, but before you put it into the liquor, add to every gallon one ounce of the syrup of citrons. Beat it well with the rest, and then put in the toast while it is warm. Let it

work for two or three days, and in the mean time, put in about a peck of bruised cowslip flowers, with three lemons sliced, and one pint of white wine to every gallon. Let the liquor stand three days, and then put it into a clean cask, and when fine, bottle it off.—Or, to six gallons of water add fourteen pounds of loaf sugar, and stir the whole well together. Beat up the whites of twenty eggs, mix these with the liquor, and boil the composition as fast as possible; then skim it well, and let it continue boiling two hours. Afterwards strain it through a hair sieve, and set it to cool; when milk-warm, put therein a small quantity of ale yeast on a toast. Let it ferment all night, then bruise a peck of cowslip flowers, and put them into your vessel, after which, pour the liquor upon them, and add thereto six ounces of the syrup of lemons. Lay a tuft of grass on the bung-hole, and let it stand a fortnight before it is bottled.—Or, take thirty gallons of water, and sixty pounds of sugar, boil them together an hour, skimming it well. Then put it into a tub, and let it stand till it is cold, after which, put in sixteen pecks of cowslip flowers, and the juice and rinds of two dozen of lemons pared very thin, and a gill of good ale yeast. Let it be beaten three times a day for three days together, then rack it into a good clean cask, cowslips and all, with two quarts of brandy. When the fermentation is over, bung it closely up for three weeks, and bottle it off.

Elder Wine.

Take twenty-five pounds of Malaga raisins, and cut them small; then take five gallons of water, boil it an hour, and let it stand till it is milk-warm, afterwards put it into an earthen jar with your raisins, and let them steep for ten days, stirring them twice a day; then pass the liquor through a hair sieve, and have in readiness five pints of the juice of elderberries drawn off in the same manner as currant jelly. Then mix it cold with the liquor, stir it well together, and put it into a cask. Let it stand in a warm place, and when it has done working, stop it close, and bottle it about Candlemas.—Or, take spring water, and boil it for half an hour; then measure five gallons, and let it cool. Have in readiness twenty pounds of raisins of the sun, well picked and rubbed in a cloth, chop them, but not too small, and put them into the water when it is quite cold, and let them stand nine days, stirring them every day three or four times. Next take six pints of ripe elderberries, and infuse them in boiling water, or bake them three hours in an oven; then strain out the raisins, and when the elder liquor is cold, mix that with it; but the best way is to boil up the juice to a syrup, and add to it four spoonsful of good ale yeast. Stir the whole well together,

and tun it into a good clean cask, and let it stand in a warm place to ferment, after which put it in the cellar for five or six months, and bottle it off.—Or, gather elderberries ripe and dry, pick and bruise them with your hands, and strain them off; then put the liquor into an earthen vessel for twenty-four hours to settle, and to every quart of juice add three pints of water, and to every gallon of this liquor put three pounds of sugar; then set it on the fire in a brass kettle, and when it is boiling, clarify it with the whites of four eggs, let it boil an hour, and when almost cold, ferment it with good ale yeast, afterwards tun it off, and fill up the cask, as it works out, with the same liquor. Should your cask hold about eight gallons, the wine will be fine in a month, ready to bottle, and fit to drink in two months more. You may add to every gallon a pint of mountain wine.—Or, to five gallons of water put five quarts of ripe elderberries, picked from the stalks, let them boil a quarter of an hour, then strain the liquor through a sieve, and put it into the pan again, with fourteen pounds of raw sugar; boil it for half an hour, and then put into a tub three pounds of raisins, and pour the boiling liquor upon them. When milk-warm, put into it a little ale yeast, and pour five gills of brandy into the cask; bottle it at Christmas.

Elder Flower Wine.

To twelve gallons of water put thirty pounds of good sugar, boil it half an hour, skimming it well all the time. Let it stand till milk-warm, and then put in three spoonsful of yeast, and after it has worked, add two quarts of flowers picked from the stalks, stir it every day till the fermentation has ceased, and then strain it through a hair sieve, and pour it into a clean cask, which must be afterwards bunged close up. Let it stand two months, and then bottle it.—Or, take two large handfuls of dried elder-flowers, and then having boiled ten gallons of spring water, pour it scalding-hot upon them. The next day put to every gallon of water five pounds of Malaga raisins, the stalks being first picked off, but not washed, chop them a little, and put them into the water, stirring the whole, raisins and flowers, well together. Repeat this twice a day for twelve days, then press out the liquor as long as you can, after which, put it into a clean cask, and close it up for two or three days till it ferments, and in a few days afterwards, bung it up, and let it stand for three or four months till it is clear, then bottle it.

Artificial Cyprus Wine.

To four gallons of water put one of the juice of white elderberries, expressed gently, and passed through a sieve,

without bruising the kernels. Then add twenty pounds of lump sugar, and three-quarters of an ounce of cloves. Boil them half an hour, and skim it all the time; when clear, pour it into a tub to cool, and ferment it with ale yeast on a toast for three days. After this, put it into a cask, with a pound of split and stoned raisins of the sun, and when the fermentation ceases, add five pints of the best French brandy.

Damson Wine.

The small damsons are best, which must be gathered dry, and bruised with your hand, then put into an earthen vessel that has a hole in it for a fauset. To every eight pounds of damsons add one gallon of boiling water, which must be poured in scalding-hot. After standing two days, draw it off into a clean cask, and to every gallon put two pounds and a half of sugar. Let the cask be quite full, and the longer it stands the better. After remaining some months, bottle it off, putting into each a piece of loaf sugar.—Or, put two pounds and a half of sugar to every gallon of water, boil and skim it for two hours, and to each gallon add five pounds of stoned damsons. Boil these till the liquor is of a fine red colour, then strain it through a sieve, and ferment it in an open vessel for four days. On pouring it off from the lees, clean the vessel, and put in the liquor to finish the fermentation. Close it well for six or eight months, and when fine, bottle it off.—Or, put sixteen pounds of Malaga raisins, with half a peck of damsons, to four gallons of water, in a tub. Cover it, and let it stand six days, stirring it twice every twenty-four hours; then draw off the liquor, colour it, and pour it into a cask, bung it up, and bottle it for use.

Cherry Wine.

Pull off the stalks, and mash the cherries without breaking the stones. Then pass them through a hair sieve, and to every gallon of liquor add two pounds of sugar. Next tun it into a clean cask till it is full, after which, let it ferment as long as it makes a noise, and then bung it up for a month or longer. When fine, bottle it off, putting a lump of loaf sugar into each. Should the fermentation continue, let the bottles stand uncorked for some time.

Black Cherry Wine.

Boil six gallons of spring water an hour, then take twenty-four pounds of black cherries, and bruise them without breaking the stones. Pour the boiling water upon the fruit, and stir the whole well. After standing twenty-four hours, strain the liquor through a cloth, and to every gallon add two pounds of sugar; then mix it well, and let it stand for

another day, at the end of which, pour it into a cask, and keep it bunged close till fine, when it may be bottled for use.

Raspberry Wine.

Pound the fruit, and strain it through a cloth, then boil as much water as you have of juice, and when cold, pour it on the dry fruit, letting it stand five hours, after which, strain it again, and mix it with the rest. To every gallon of this liquor add two pounds and a half of sugar, let it stand in an earthen vessel closely covered for a week, and then tun it into a clean cask, bung it well, and when fine, bottle it off.—Another way for raspberries, strawberries, or cherries, is this: bruise the fruit, put it into a linen bag, press the juice out into one cask, then draw off the fine liquor into another, and bung it close for forty-eight hours. In three months it may be bottled.

Blackberry Wine.

Take ripe blackberries, bruise them, and put to every quart of fruit as much water, mix the whole well, and let it stand all night; then strain it through a sieve, and to every gallon of liquor add two pounds and a half of sugar. When this is dissolved, put it into the cask, with a gill of finings to every twenty gallons, and the next day bung it up. In two months bottle it for use.

Apricot Wine.

Take twenty pounds of apricots when nearly ripe, clean them, and cut them in pieces; then put them into two gallons of water, and let them boil till the water has strongly imbibed the flavour of the fruit. Then strain the liquor through a sieve, and put to every quart six ounces of loaf sugar, after which, boil it again, and skim it, and when the scum has ceased to rise, pour it into an earthen vessel. The next day bottle it off, and put a lump of sugar into each.

Quince Wine

Take the quinces when ripe, wipe them clean, then remove the cores, bruise them like apples for cider, and express the juice, to every gallon of which, add two pounds and a half of loaf sugar, stirring it together till the latter is dissolved, after which put the liquor into a cask, and when fermented, bung it up. It should stand till March before it is bottled.

Mulberry Wine.

Gather the berries when ripe, beat them in a mortar, and to every quart put as much spring water. Mix the whole well in a tub, and let it stand all night; then strain it through

a sieve, and to every gallon of liquor put three pounds of sugar. When this is dissolved, put it into the cask with a gill of finings. Do not fill the cask, nor bung it close at first. Set it in a cool place, and when fine bottle it.

Ginger Wine.

Boil four gallons of water and seven pounds of sugar, half an hour, skimming it all the time. When cold, squeeze in the juice of two lemons, then boil the peels, with two ounces of white ginger, in three pints of water one hour. As soon as this is cold, put it to the rest, with one gill of finings, and three pounds of Malaga raisins. Then close it up, let it stand two months, and bottle it off.—Or, take seven gallons of water, twelve pounds of sugar, half a pound of white ginger, bruised, and the whites of four eggs well beaten, put these ingredients into the water, and set it over the fire; when it boils, skim it well, and in fifteen minutes take it off. As soon as it is cold, put it in an open vessel, and take seven lemons, pare them, and squeeze in the juice, with the rinds; then put in a gill of ale yeast, and let it work for twenty-four hours, afterwards draw it off into a cask, and in a fortnight, if fine, bottle it for use.

Lemon Wine.

Take six large lemons, pare off the rinds, cut them, and squeeze out the juice, in which steep the rinds, adding thereto a quart of brandy, and let it stand in an earthen jar, closely stopped, for three days. Then squeeze six more lemons, and to the juice put two quarts of spring water, with as much sugar as will sweeten the whole. Then boil the water, sugar, and lemons together, and let it stand till cold. After this add a quart of white wine, and the first mentioned lemons, and brandy; mix them together, and strain the whole through a linen bag into the vessel. Let it stand three months, and bottle it off, taking care to wire the corks. Keep them in a cool place or in sand, and in two months more the liquor will be fit for use.

Clary Wine.

Pick and chop small twenty-four pounds of Malaga raisins, and put them into a tub, allowing to each pound a quart of water. Let them steep twelve days, stirring them twice every twenty-four hours, taking care to keep it well covered; then strain it off, and put it into a clean cask, with about half a peck of the tops of clary while in blossom, afterwards close it well for six weeks, and bottle it off. In two months it will be fit for use. As the sediment will be considerable, tap it pretty high.—Or, take ten gallons of water, twenty-five pounds of sugar, and the whites of twelve eggs well beaten,

set the whole over the fire, and let it boil gently for an hour, skimming it clear all the time; then put it into a tub, and when nearly cool, put it into the cask, with about half a peck of clary tops, and a pint of new yeast. Stir it thrice a day, and when it has done working, close it up. If fine at the end of three or four months, bottle it off.

Birch Wine.

In the month of March, bore a hole in a birch tree, one foot from the ground, into which put a fauset, and the liquor will run for two or three days together, without injuring the tree. Then stop up the hole with a peg, so that in the following year another supply may be drawn from the same source. To every gallon of juice put one quart of honey, or two pounds and a quarter of sugar, and stir the whole well together. Boil it an hour, skimming it all the time, adding thereto a few cloves, and a piece of lemon peel. When nearly cold, put to it yeast enough to make it work like ale, and when it begins to settle, pour the liquor into a cask. For twenty gallons put in a gill of finings, and the whites and shells of four eggs, stir this briskly, and let it stand six weeks or longer; then bottle it off, and in two months it will be fit for use, but will improve by time.

Wine of English Grapes.

When the vines are well grown, so as to bring full clusters, take off some of the leaves which shade the grapes, but not in hot weather. Neither should the grapes be suffered to remain till they are all ripe, for then some will be spoiled, but every two or three days gather the choicest, and spread them in a dry shady place, that they may not burst with the heat. By this means the grapes on the vine will sooner grow ripe, and when you have a sufficient quantity, put them into an open vessel, and bruise them well with your hands, or press them with a flat piece of wood fastened to the end of a staff, taking care to break the stones as little as possible. Having reduced the fruit to a pulp, make a tap at the bottom of a cask, tie a hair cloth over the receiving tub, and let such of the juice out as will run freely. Next take out the pulp, and press it by degrees till the liquor is drained off, after which, get a clean cask, well matched, and pour the liquor in through a sieve and funnel to stop the dregs, letting it stand with a slate over the bung-hole to ferment and refine for ten or twelve days. Next draw it off gently into another cask, and lay the slate on the bung-hole as before, till the fermentation is done, which you may ascertain by its cool and pleasant taste. Thus of white grapes you may make a good white wine, and of the red, one resembling claret.—Or,

take ripe grapes, gathered in dry weather, and put them into a press, but squeeze them gently so as not to break the stones; then strain the liquor well, and let it settle, after which, draw off the clear juice into a well-seasoned matched cask, and stop it close for eight-and-forty hours; then give it vent near the bung-hole, and put therein a peg that may easily be removed, and in two days' time stop it close. It will be fit to drink in three months. To season your casks, scald them with hot water, and afterwards match them. To colour these wines or any other, take some damsons or black sloes, and stew them with some of the deepest coloured wine you can get, and as much sugar as will make it into a syrup. A pint of this will colour a hogshhead of claret or port.

To improve vitiated wine, take a pint of clarified honey, a pint of water in which raisins of the sun have been steeped, and three gills of good white or red wine, according to the colour of that which is to be improved. Boil them over a slow fire till a third part is wasted, taking off the scum as it rises; then put it very hot into the vitiated liquor, letting it stand without the bung. Afterwards put into a linen bag a little mace, nutmeg, and cloves, and suspend it in the cask by a string for three or four days. The wine may be still further improved, if, after taking out the spice, you hang, in its place, a small bag of bruised white mustard-seed.

To restore Wines that are pricked.

Rack the wine down to the lees in another cask, where the lees of good wine are fresh; then take a pint of strong aqua vitæ, and scrape half a pound of yellow bees' wax into it, which by heating the spirit over a gentle fire will melt. After this, dip a cloth into it, and when a little dry, set it on fire with a brimstone match, put it into the bung-hole, and stop it up close.—Or, prepare a cask that has been totally emptied, and has had the same kind of wine in it with that which you want to improve. Match it, and rack off the wine into it, putting to every ten gallons two ounces of oyster powder and half an ounce of bay salt; then stir the whole well about, and let it stand till it is fine, which will be in a few days. Afterwards rack it off into another cask that has been matched, and if you can get the lees of some wine of the same kind, it will be improved still more. Put also a quart of brandy to every ten gallons, and if the cask has been long emptied, you should match it the more on that account, but even a new cask must undergo that process.

To keep Wines from turning sour.

Boil a gallon of wine, with some beaten oyster shells, and crabs' claws burnt to powder, in the proportion of an ounce

of each to every ten gallons. Strain the liquor through a sieve, and when cold, put it into wine of the same sort, which will acquire a lively taste. A lump of unslacked lime will produce the same effect.

To take away the ill Scent of Wines.

Bake a roll of dough stuck well with cloves, hang it in the cask, and it will extract the ill scent from the liquor to itself.

To sweeten Wines.

Infuse a handful of the flowers of clary in thirty gallons of wine; then add a pound of mustard seed ground dry, put it into a bag, and sink it to the bottom of the cask. *

When wine is lowering or decaying, take one ounce of roach alum, and reduce it to powder; then draw off four gallons of the liquor, mix the powder with it, and stir it well for an hour. Fill up the cask, and when fine, which will be in about a week, bottle it off.

For Wine when Ropy.

Put a piece of coarse linen cloth upon that end of the cock which goes into the cask. Then rack the wine into a dry one, putting five ounces of powdered alum to thirty gallons. Roll and shake the whole well, and it will soon become fine.

To make Oyster Powder.

Wash the shells clean, and scrape off the yellow part from the outside, lay them on a clear fire till they are red hot; then set them by to cool, take the softest part, powder and sift it through a fine sieve, after which, it may be used immediately, or kept in bottles, corked, and laid in a dry place.

To make a Match.

Melt some brimstone, and dip into it a coarse linen cloth, of which, when cold, take a piece about one inch broad and five long, set it on fire, and put it into the cask, with one end fastened under the bung, which must be drawn in very tight. Let it remain some hours.

To sweeten a Musty Cask.

Take some dung of a milch cow, when fresh, and mix it with a quantity of warm water, so as to make it sufficiently liquid to pass through a large funnel; previously, however, dissolve in the water two pounds of bay salt, and one of alum. Put the whole into a pot over the fire, stirring it with a stick, and when near boiling, pour it into the cask; then bung it tight, and shake it well about for five or six minutes. Let it remain two hours, then take out the bung to let the vapour escape, after which, replace it, and give the cask another shaking. At the end of two hours, rinse it out with

cold water, till it becomes perfectly clear. Then have in readiness one pound more of bay salt, and a quarter of a pound of alum boiled in a little water, pour the same into the cask, and repeat the process as before.

Finings for Wine.

Take the whites and shells of three fresh eggs, beat them in a wooden vessel till they become a thick froth. Add thereto a little wine, and whisk it up again. If the cask be full, take out four or five gallons, and give it a good stirring, next whisk up the finings, and put them in, after which stir the whole well. Drive in the bung, and bore a hole for a vent, and in about three days close it with a peg.—Or, dissolve an ounce of isinglass, and the whites and shells of three eggs, beat the whole up, and proceed as above.

CIDER AND PERRY.

Cider and perry are vinous liquors prepared by the expression and fermentation of the juice of apples or pears. For the former, take red-streaked pippins, pearmain, golden pippins, or in short, any sort of apples, when they are ripe enough to fall from the trees. Lay them in heaps, and prior to grinding them, separate the decayed or overripe fruit from the rest. Bruise the apples small, and when they are completely mashed, if the quantity is not too large, put the whole into a hair bag, and squeeze it by degrees. Next strain the liquor through a sieve into a cask that has been well matched, after which, mash the pulp with warm water, adding a fourth part to the cider. To make it work kindly, warm a little honey, three whites of eggs, and a small quantity of flour together, put the whole into a fine rag, and let it hang by a string in the middle of the cask; then put in a pint of new ale yeast that has been warmed, and let the liquor purge itself five or six days, after which draw it off from the lees into smaller casks or bottles. If the latter, take care to leave the cider an inch below the corks, lest the fermentation should cause the bottles to burst. When that effect is apprehended, it may be perceived by the hissing of the air through the corks, on which it will be necessary to open them immediately. In winter the bottles and casks should be kept warm, but in summer as cool as possible. To feed the liquor and preserve its strength, put a little white sugar into each bottle. To improve the appearance and flavour of a hog's-head of cider, take half an ounce of cochineal, a pound of alum, and three pounds of sugar-candy. Bruise the latter

ingredients in a mortar, and infuse them in a gallon of good French brandy for a day or two; then mix the whole with the cider, and stop it close for five or six months.

Perry is made of full-ripe pears exactly in the same manner as cider from apples, only the reduced pulp is not suffered to remain unpressed for any length of time. It is, therefore, to be immediately put into the press between several layers of hair cloths, the liquor being received into a vat, and from thence removed into casks, which must stand in a cool place or the open air, with the bung-holes open. The management of the liquor in fermentation is the same as in cider, only perry does not furnish the same tests to ascertain the proper moment for racking off. When the pears are regularly ripe, the produce will become tolerably clear and quiet in a few days, and must then be drawn off from the lees. Very high fermentation may be prevented in the same manner as in cider, but the liquor must be made fine by isinglass, which the other does not require. Perry best retains its pleasant quality in bottles, particularly in summer. It is a lively liquor and may be properly called the English champagne, for which, in fact, it is often sold.

In bottling cider and perry, the liquor should be left unorked a day or two to get flat.

BRITISH COMPOUNDS AND CORDIALS

Peppermint.

For twenty gallons, take thirteen of rectified malt spirit, fifteen pennyweights of the oil of peppermint, twelve pounds of loaf sugar, and one pint and a half of spirits of wine. Fill up the vessel with water. To fine the liquor, take two ounces of alum, and a little water, boil these together for half an hour, and then add by degrees one ounce of salt of tartar. When nearly cold, put it into the cask, and stir it well for five or six minutes, but without stopping it till fine. The oil must be previously killed by beating it in a mortar, with a few lumps of white sugar, and a little salt of tartar. Having well mixed them, put thereto gradually a gill of spirits of wine, and pound the whole till the incorporation is so complete, that no appearance of the oil remains. Then put the mixture into a can with the rest of the spirit of wine, and beat all up with a stick. Put the sugar into about two gallons of water, and take off the scum clean, observing that the water must be the softest you can get, and be first boiled, then left to stand till nearly cold, after which, the whole is to be mixed with the liquor in the cask.

Caraway.

For three gallons, take seven quarts of rectified malt spirits, three pennyweights of the oil of caraway, two ounces of cassia, two pounds of loaf sugar, one gill of spirit of wine, and fill up the vessel with water. The cassia and caraway seeds must be well pounded, and steeped for three or four days in a quart of the spirit, and the oil treated in the way directed for peppermint. The fining and working must also be the same.

Aniseed.

For three gallons, take seven quarts of rectified spirits, five pennyweights of the oil of aniseed, one pound of loaf sugar, one gill of the spirits of wine, and fill up with water. Fine this with alum only, but kill the oil as before mentioned.

Clove Cordial.

For three gallons, take two of rectified malt spirits, half a pound of clove-pepper, two pennyweights of the oil of cloves, one pint of elder juice, one pound and a half of loaf sugar, and fill up with water. To colour it, put some archil in a bag, and press it into the spirit till it becomes a deep red, and let it fine of itself. If you choose it white, leave out the elder juice and archil, and fine it in the same way as peppermint.

Cinnamon Cordial.

For three gallons, take two of rectified malt spirits, one pennyweight and a half of oil of cassia, half a pennyweight of the oil of orange, two drops of the oil of caraway, half an ounce of cinnamon, and two pounds of loaf sugar. Colour it with burnt sugar, and fine it with isinglass.

Prince's Cordial.

For three gallons, take two quarts of cherry brandy, one quart of raspberry brandy, one quart of raisin wine, one gallon of spirits, six pennyweights of the acid of vitriol, ten drops of the oil of caraway, and as many of the essence of lemon, half a pint of spirit of wine, and one pound and a half of sugar. Fill up with water, and fine it with alum and salt of tartar.

Another way.

For three gallons, take one quart of cherry brandy, one gallon of spirits, one quart of red currant wine, one quart of orange wine, half an ounce of mace, a quarter of an ounce of cloves, a quarter of an ounce of cinnamon, half an ounce of coriander seeds, half an ounce of caraway seeds, four drops of the essence of lemon, and two pounds of loaf sugar. Fill up with water. The spicery and seeds must be bruised in

a mortar, and steeped in the spirit for five or six days. The oil and essence must be killed as for peppermint. Colour it with burnt sugar.

Placea de mace et cymys et Lovage. and 10 21.

For three gallons, take six quarts of spirits, one of the spirits of wine, one pound and a half of celery, six pennyweights of cinnamon, ten drops of the oil of caraway, and two pounds of sugar. Fill up with water. The celery must be cut small, the mace and cinnamon pounded in a mortar, and the whole steeped for three days in the spirits of wine. The oil of caraway must be killed in the usual way. Fine with alum only, and colour it pale with burnt sugar.

Queen's Cordial.

For three gallons, take seven quarts of malt spirits, one pennyweight and a half of the oil of mint, one pennyweight of the oil of caraway, one ounce each of coriander and caraway seeds, half an ounce of cassia, a quarter of an ounce of mace, one pint of spirits of wine, and two pounds of loaf sugar. Fill up with water. The seeds and spices bruised must be steeped in the spirit three or four days, and well shaken twice a day. The oils must be killed as for peppermint. Fine with alum only.

Citron Cordial.

For three gallons, take seven quarts of spirits, twelve pounds of figs, four pounds of prunes, two pennyweights of the oil of orange, three pennyweights of the essence of lemon, ten drops of the oil of cloves, and two pounds of sugar. Fill up with water. The figs and prunes must be bruised, and steeped in the spirits eight or ten days. Kill the oils and essence as already directed. Most people choose to have citron of a pale green colour, to make which, boil some spinach, and squeeze in the juice.—Another method is as follows: To one gallon of brandy, or spirits, take ten citrons, pare off the outer rinds, and dry them well in the sun. Then beat the remaining part of the citrons to a mash, and put it into the brandy. Stop it close, and let it stand nine or ten days; then draw off the liquor clear from the sediment into another bottle. Pound the rinds to powder, and infuse them nine days in the spirit, after which, draw it off into a clean bottle, and sweeten it to your taste with loaf sugar, and then bottle it off for use.

Ratafia.

For three gallons, take six quarts of rectified malt spirits, six grains of ambergris, two ounces of peach and apricot kernels, five ounces of bitter almonds, one pint and a half of spirit of wine, and two pounds of sugar. Fill up with water.—Or, take one quart of brandy or good spirits, four ounces

of apricot or peach kernels, a quarter of an ounce of bitter almonds; bruise your kernels in a mortar with a spoonful of brandy, and then put them together into a bottle, with a quarter of a pound of loaf sugar; let it stand till it has imbibed the taste of the kernels, then pour it into a bottle, and cork it close.

French Ratafia.

Infuse in nine quarts of brandy, half a pound of juniper-berries, two ounces of cinnamon, two drachms of mace, one drachm of coriander seed, and a dozen of cloves, all beaten in a mortar, to which add four pounds and a half of sugar, dissolved over the fire in two quarts of water. This syrup is to be poured hot over the ingredients, and the vessel exposed, but close stopped, for six weeks to the heat of the sun; after which, the liquor must be strained through a cotton or flannel bag.

Coriander Cordial.

For three gallons, take seven quarts of spirits, two pounds of coriander seeds, one ounce of caraway seeds, six drops of the oil of orange, and two pounds of sugar. Fill up with water. The coriander and caraway seeds must be bruised, and steeped in the spirits for ten or twelve days, and well stirred two or three times a day, and in other respects observe the rules for peppermint.

Golden Cordial.

Take two gallons of brandy, two drachms and a half of double perfumed alkermes, one quarter of a drachm of oil of cloves, one ounce of spirit of saffron, three pounds of loaf sugar powdered, and one book of genuine leaf gold. Put three or four spoonful of the brandy into a small cup, mix the alkermes in it, and then add thereto the oil of cloves, and mix the whole well, do the like with the spirit of saffron, and pour all into the bottle of spirits. Afterwards put in the sugar, stop the bottle, and tie or wire over the cork. Shake it well frequently for three or four days, and let it remain for a fortnight, setting the bottle so, that when racked off into other bottles, it may only be gently tilted. Put into every bottle two leaves of gold cut small. Two quarts of spirits may be poured upon the dregs, and it will make a good inferior cordial.—Or, to one gallon of brandy or other spirits, add two pounds of loaf sugar, one drachm of the confection of alkermes, one drachm of the oil of cloves, and one ounce of spirit of saffron. Powder the sugar, and mix it in the brandy, then put in the rest, and stir it all one way for a quarter of an hour.

Cherry Brandy.

There are different modes of making this cordial, sometimes by pressing out the juice, and putting thereto as much

brandy as it will bear, according to its quality, and adding two or three pounds of brown sugar to every twenty gallons, with half an ounce of cloves and cinnamon beaten small. Though this may be used in a few days, it will improve by keeping. But one of the most common ways of making cherry brandy, is to put the cherries, clean picked from the stalks, into a vessel, till it is about half full; then fill it up with brandy of rectified molasses, which is generally used for this compound, and when infused sixteen or eighteen days, draw off the liquor by degrees, as you want it. Then fill the vessel a second time nearly to the top, let it stand about a month, and draw it off as you have occasion, till you have got the whole. You may use these cherries a third time by just covering them with some brandy that is over-proof, letting it infuse six or seven weeks, which by its strength will extract all the remaining juice; but when you draw it off, you must put to it as much water as the brandy was above proof, and afterwards the cherries must be pressed as long as any liquor is in them.

In making the cherry brandy of the first infusion, the juice of which will be the best, and contain the most spirit, continue the process till the liquor is brought to such a degree of colour as just to discern a lighted candle when held on the other side of the glass, and if you find it does not taste well of the cherries, you may add a little more juice, and then sweeten with two or three pounds of sugar to every twenty gallons of liquor, and in proportion for a larger or smaller quantity. When you draw off the juice or brandy the second time, it will be inferior to the first, bear less liquor in mixing, and require a little more sugar to sweeten it, together with half an ounce of cinnamon and cloves beaten, and put to twenty gallons. There must only be half the quantity of cinnamon and cloves in each twenty gallons of the first infusion, which the longer you keep will become the better. When you draw off your cherry brandy of the third infusion, you must not put any more brandy to it, as it will not bear it, but may add about a pint of water to a gallon, because the third infusion is made with stronger spirits than the former. Sweeten with sugar, and use cinnamon and cloves as in the other, or a little more if needful. As the liquor pressed from the cherries after being thrice infused, will be thicker than the other, you may add a little brandy to it, and sweeten with sugar and spice as before directed, and after it has stood a few days to settle, it will become clear.

Another way.

Take six dozen pounds of cherries, half red and half black, mash or squeeze them with your hands to pieces, and add to

them three gallons of brandy, letting them steep for twenty-four hours; then put the mashed fruit and liquor gradually into a canvass bag, and press it till all the juice has passed through. Sweeten it with loaf sugar, put it into a vessel, let it stand a month, then bottle it off, and put a lump of sugar into each bottle.—Or, put to every four quarts of brandy, four pounds of red cherries, two pounds of black, one quart of raspberries, a few cloves, a stick of cinnamon, and a little orange peel; then bottle it off, with a little loaf sugar in each.

Raspberry Brandy.

This is made nearly in the same way as the preceding, and drawn off with about an equal quantity of brandy, with the different infusions of cherries. But first make it of a light red colour, and omit the cinnamon and cloves in the first, but not in the second and third infusions. To colour the two last, some cherry brandy must be added according to taste.

Caraway Brandy.

Steep an ounce of caraway seeds and six ounces of loaf sugar in one quart of brandy, let it stand nine days, and then draw it off.

Orange Brandy.

Take two gallons of brandy, eighteen Seville oranges, two pounds and a half of loaf sugar, and one pennyweight of the essence of lemon. Pare the oranges very thin, and steep them in the brandy, close stopped in a bottle, twelve days; then boil the sugar in three quarts of water for an hour, skim it, and when cold, mix it with the liquor, and squeeze the oranges therein. Then strain it through a filtering bag, and fill up the deficiency with water.—Another way is, to steep some oranges or lemon rinds cut thin in a quart of brandy; then put into a quart of boiling water, three-quarters of a pound of sugar. Continue the boiling some time, and when cold, mix the whole, and bottle it.

Poppy Brandy.

Take six quarts of fresh poppies, cut off the black ends, and put them in a glass jar that will hold two gallons, and press them down. Next pour in a gallon of brandy, stop the glass close, and set it in the sun for a week or longer. Afterwards squeeze out the poppies, and sweeten the liquor to your taste with loaf sugar. Add thereto an ounce of alkermes perfumed, mix the whole well, and bottle it.

Imperial Nectar.

For three gallons, take six quarts of spirits, two of raisin wine, two ounces each of peach and apricot kernels, one

pennyweight of oil of orange, half a pennyweight of oil of cloves, a quarter of an ounce of mace, two nutmegs, half a pint of spirits of wine, and two pounds of loaf sugar. Fill up with water. The kernels, mace, and nutmegs must be pounded in a mortar, and steeped in spirit eight or ten days. Colour it with burnt sugar, and let it stand to fine of itself.—Or, peel eighteen lemons very thin, and steep the rinds forty-eight hours in a gallon of brandy; then add the juice, with five quarts of spring water, three pounds of loaf sugar, and two nutmegs grated; stir the whole till the sugar is dissolved, then pour in three quarts of new milk, boiling hot, and let it stand two hours, after which, run it through a jelly-bag till fine. This may be used immediately, but will improve by keeping.

Macaroni Cordial.

Infuse for a fortnight in nine pints of brandy, a pound of bitter almonds, with a little Bohemian or Spanish angelica root beaten together, shaking the vessel often. At the end of that time, put the whole into a cucurbit, and distil it in balneo mariæ. Five pints of spirit, thus impregnated with the flavour of the almonds and angelica, make a syrup with five pounds of sugar, two quarts of eau-de-mille flowers, and three quarts of common distilled water. When this is mixed with the spirits, add thirty drops of the essence of lemons, after which, filter it through blotting paper.

French Noyeau.

To nine quarts of white brandy, and one quart of orange-flower water, add six ounces of loaf sugar, for each quart of the spirit, and infuse therein as many kernels of apricots as will give it a good flavour. The sugar must be broken very small, and dipped into an equal quantity of common water immediately previous to its being put into the infusion. Afterwards the whole is to be filtered through a flannel or cotton bag.

Shrub.

The West Indian method of making this pleasant and favourite liquor is as follows:—Take one gallon of rum, six pounds of sugar, and one quart of lime juice, dissolve the sugar in the juice, and then mix it with the rum, after which, set it in a bottle or cask to settle.—Another way is this: for two gallons, take one of rum, a small quantity of the essence of limes, twenty-four ounces of brown sugar, one pint of lime juice, and one gallon of water. Boil the water and sugar together, then skim it, and when cold, add to it a little isinglass finings, and the white of an egg, with some essence of lemon. Mix the whole well with the rum, and let it settle.—Or, take seven quarts of rum, three pints of orange juice,

three pints of orange or currant wine, and two pounds of loaf sugar. Fill up with water. The sugar should be boiled in clear spring water, the scum taken off, and when cold, mix the whole thoroughly.—Another method is, to put two quarts of brandy into a large bottle, the juice of five lemons, and the peels of two, with half a nutmeg; then stop it up, and let it stand three days, after which, add thereto three pints of white wine, a pound and a half of sugar, mix the whole, strain it through a filtering bag, and bottle it up. The finest shrub is made with old Jamaica pine-apple rum.

Currant Shrub.

To a quart of rum or brandy, put three-quarters of a pint of the strained juice of red or white currants, half the rind of a Seville orange, and a little nutmeg. After standing one or two days well corked, add a pint of white wine, with three-quarters of a pound of loaf sugar, and straining it as soon the sugar is dissolved through a flannel bag, bottle it for use. Red currants will be best for brandy, and white for rum: good raisin wine may be substituted for mountain or sherry.

Irish Usquebaugh.

Put into a glass or stone bottle, three pints of brandy, half an ounce each of saffron, liquorice, jujubes, and raisins of the sun, and a quarter of an ounce each of coriander seeds and cinnamon. Dissolve a pound and a half of loaf sugar in a quart of water, put it to the rest, and let the whole infuse three weeks, after which, pour off the clear liquor.—Or, take a gallon of brandy, an ounce of cinnamon, half an ounce each of mace and cloves, a quarter of an ounce each of nutmeg and ginger, and the rind of a Seville orange; beat the spices in a mortar, and let them infuse in the brandy eight days. Then boil two ounces of sliced and bruised stick liquorice and a pound of stoned sun or jar raisins, in three pints of water, till reduced one half, strain the liquor, and dissolve therein two ounces of powdered lump sugar. Mix that in another vessel, with the clear infusion of brandy and spice, after which the usquebaugh will want only colouring. To make half of it green, pound spinach enough to produce half a gill of juice, mix it with as much water, simmer it over the fire slowly ten minutes, and when cool, add it to the liquor. For the other half which is to be yellow, steep half an ounce of saffron in brandy or white wine, press it through a linen bag, and add it to the remaining liquor. Put into each bottle a few drops of warm alum finings, shake the whole well two or three times a day, for three or four days, giving it vent each time.

English Hollands.

Take a lump or two of sugar, two tea-spoonsful each of the oils of juniper, turpentine, and almonds, and twenty drops of the oil of vitriol, rub them in a marble mortar, with about half a gill of spirits of wine, of sufficient strength to turn dry in a silver spoon; introduce this a little at a time, till the spirit kills the oils. Then dissolve half a pound of loaf sugar in two quarts of clear boiled or distilled water. In the next place, mix with two gallons of rectified malt spirits, or rather whiskey, the combined oils and spirits of wine, to which add the dissolved sugar and water. After stirring the whole well, put in a tea-spoonful of warm alum finings, shake the vessel, and let it stand to settle, after which draw off the liquor for use. Cordial gins of different flavours may be made in a similar manner, only omitting the whiskey. By combining dill and coriander seeds with a small proportion of liquorice, angelica root, caraways, ginger, and orange or lemon peel, and a quantity of juniper berries equal to the whole, all pounded in a mortar, and boiled in a close vessel for two hours, with sufficient water to extract their virtues, strained off when cold, and sweetened with clarified or burnt sugar, a rich flavouring article may be acquired, which will be further improved by passing it through a still, and uniting with it rose and orange-flower water. The flavouring must be put into the spirits before the alum finings.

Alum Finings for Cordials.

Boil a drachm of alum in a pint of water till one half is evaporated, then put it warm into the cordial liquor, in the proportion of half a tea-spoonful to a gallon.

Capillaire.

For three gallons, take fourteen pounds of loaf and seven pounds of moist sugar, with eight fresh eggs well beaten. Mix the eggs with the sugar, and then boil the whole in four gallons of water, skimming it till perfectly clear. Then strain it through a coarse bag, and add three pennyweights of the essence of lemons.

Ginger Pop.

Take fifteen gallons of water, and eight ounces of ginger, boil them together half an hour, and then add ten pounds of clarified sugar. Let it boil a few minutes, skimming it all the time. Put the liquor into a cooler, let it stand till lukewarm, and then cork it, putting into the cask the rinds and juice of fifteen good lemons, half an ounce of isinglass melted in half a pint of warm water, one quart of brandy, and two table-spoonsful of yeast. Bung up the cask, and set it in a cool cellar for ten days, when it may be strained into bottles, taking care to wire the corks.

An excellent Punch.

Take two ripe and fresh lemons, with rough rinds, rub them with some lumps of double-refined sugar, till the yellow of the fruit is wholly absorbed. Put the sugar into a bowl, with as much more of the juice of lemons as may be required. Squeeze the juice upon the sugar, and press the whole well together; then mix this with boiling soft water, till the whole is rather cool. When this sherbet is agreeable to your palate, take rum and brandy in equal quantities, and put them to it, mixing the whole thoroughly. Two good lemons are generally enough for four quarts of punch, including a quart of liquor, and half a pound of sugar. The sherbet may be strained before the liquor is put in, as the pulp is not alike pleasant to all palates. If rum only is used, half a pint of porter may be added with good effect.

Milk Punch.

Pare six oranges and as many lemons, as thin as possible, and grate them with sugar to get out the flavour. Steep the peels in a quart of brandy or rum, and stop close twenty-four hours. Squeeze the fruit on two pounds of sugar, add to it four quarts of water, and one of new milk boiling-hot, stir the liquor into it, and run it through a jelly-bag till clear. Bottle and cork it for use.

Norfolk Punch.

To twenty quarts of brandy put the peels of thirty lemons, and as many oranges pared extremely thin. Infuse twelve hours; then take thirty quarts of water that has been boiled, but become cold, and put to it fifteen pounds of double-refined sugar. When well mixed, pour it on the brandy and peels, adding the juice of the oranges, and that of twenty-four lemons. Incorporate all these mixtures thoroughly, and then strain the whole through a hair sieve into a clean barrel that has held spirits, and put to it two quarts of new milk. Stir it, and bung it close, let it stand six weeks in a warm cellar, and then bottle the liquor for use, observing great care that the bottles are clean and dry, and the corks good. This beverage will keep for years.—Or, pare six lemons and three Seville oranges thin, squeeze the juice into a jug, put to it two quarts of brandy, one of white wine, one of milk, and one pound and a quarter of sugar. Mix the whole well, and then cover it for twenty-four hours, strain through a jelly-bag till it is clear, and bottle it.

To make Common Punch.

Take a tea-spoonful of the acid salt of lemons, a quarter of a pound of sugar, a quart of boiling water, half a pint of

rum, and a quarter of a pint of brandy, add a small piece of lemon peel, if agreeable, or a very little of the essence of lemon.

Brunswick Mum.

Take sixty-three gallons of clear water that has been previously boiled to the reduction of a third part; then brew it with seven bushels of wheaten malt, and one bushel each of oatmeal and ground beans. When tunned, the hogshead must not be too full, and on its beginning to work, put in three pounds of fir and birch tops, three handfuls of the *carduus benedictus*, a handful or two of rose leaves, a handful and a half each of burnet, betony, avens, marjoram, pennyroyal, and mother of thyme, two or more handfuls of elder flowers, three ounces of bruised cardamoms, and an ounce of bruised barberries. The herbs and seeds are not to be put into the cask till the liquor has worked for some time, after which it should be suffered to flow over as little as possible. Lastly, fill it up on its ceasing to ferment, and when done, put in ten new-laid eggs unbroken or cracked, stop it up close, and at the end of two years it will be fit for use. To make mum like ale, barley malt is substituted for wheat.

English Hypocras.

Infuse for a few hours in about three quarts of white wine, one pound and a half of loaf sugar, an ounce of cinnamon, two or three tops of sweet marjoram, and a little long pepper, all beaten in a mortar. Run the liquor through a filtering bag, with a grain of musk, and add thereto the juice of a large lemon; warm it moderately over the fire, pour it again on the spicery, and when it has stood three or four days, strain it off, and bottle it for use. If wanted to be red, port wine may be used, or the liquor coloured with the juice of elder or mulberries, cochineal, &c.

Wine Bitters.

Take one ounce each of gentian root and the outward rind of fresh lemons, two drachms of long pepper, and one quart of white wine. Steep these for six days, and strain the liquor through a filtering bag or cap paper.

Spirituos Bitters.

Take two ounces of gentian root, one ounce of dried Seville orange peel, and half an ounce of lesser cardamom seeds free from the husks. Put these into one quart of spirits to steep for a fortnight, and strain the liquor as before.

Ale Bitters.

Steep in one gallon of ale, four ounces each of gentian root and fresh lemon peel. After ten days, strain the liquor off, and bottle it for use.

An excellent Bitter.

Steep in a quart of brandy, two ounces of gentian root, half an ounce of Virginia snakeroot, half a drachm of cochineal, and let them remain three days, after which, strain off the liquor, and bottle it for use.

Elder Syrup.

Take a gallon of elder juice, and put it into a brass pan, over a clear but slow fire, adding to it the whites of two eggs, well beaten to a froth. When it begins to boil, skim it as long as any froth rises; then put to every pint one pound of raw sugar, and boil the whole slowly, till it is a perfect syrup, which may be known by dropping a particle on your nail, and if it congeals it is done enough. Let it stand till cold, and then put it into bottles, covered with paper pricked full of holes. It is a good colouring for rum or brandy, and will make elderberry wine in winter.

CORDIAL WATERS

In extracting the virtues of plants by distillation, you must use an alembic, the top of which is to be filled with cold water, and the bottom closed with a stiff paste made of flour and water. Little fire is requisite, but it must be clear, and the water on the top continually changed, so as never to become scalding. All simple waters should stand two or three days before they are worked off, to let the fiery taste pass away.

Lavender Water.

To every quart of water add a pint of lavender flowers picked from the stalks. Put them into a cold still over a slow fire. Distil very slowly, and put it into a pot till the whole is done. Then clean out the still, put the lavender water into it, and distil it again as slowly as before. Afterwards bottle it for use.

Peppermint.

Gather the peppermint when full grown, and before it seeds, cut it into short pieces, put them into the still, and cover them with water. Make a good fire underneath, and when near boiling, and the still begins to drop, if the heat is too great, draw a little away, that it may not boil over. The slower the still drops, the stronger will be the water. The next day bottle it off, and after standing two or three days, cork it well.

Poppy Water.

Put a peck of poppies and two gallons of good brandy into a wide-mouthed glass, let them stand forty-eight hours,

and then strain the whole off. Stone a pound of raisins of the sun, and take an ounce each of coriander seed, sweet fennel seeds, and liquorice root sliced, bruise all together, and put them into the brandy, with a pound of powdered sugar, and let them stand four or eight weeks, shaking them every day. Then strain off the liquor, and bottle it for use.

Black Cherry Water.

Bruise six pounds of black cherries, and put to them a handful each of the tops of rosemary, sweet marjoram, spearmint, angelica, balm, and marigold flowers, an ounce of dried violets, and half an ounce each of aniseeds and sweet fennel seed. Cut the herbs small, mix all together, and distil them in a cold still.

Surfeit Water.

Take an ounce each of brooklime, scurvygrass, watercresses, Roman wormwood, rue, mint, balm, sage, and chives; of poppies, if fresh, half a peck, but if dry, only half the quantity; of cochineal and saffron, a small portion; of caraway, coriander, cardamom, and aniseeds, an ounce each, two ounces of scraped liquorice, a pound of split figs, as much of stoned raisins of the sun, an ounce of juniperberries bruised, and the same of sweet fennel seeds, with a few flowers of rosemary, marigold, and sage. Put all these into a stone jar, and pour on them three gallons of French brandy, covered close, and left to stand near the fire for three weeks. Stir it three times a week, and afterwards strain it off, bottle the liquor, and pour on what remains a quart more of brandy. Let it stand a week, stir it once a day, then distil it in a cold still, and you will have a fine white surfeit water. Bottle it close.

Hysteric Water.

Take two ounces each of betony roots, lovage, and the seeds of wild parsneps, four ounces of the roots of single peony, three ounces of oak misletoe, a quarter of an ounce of myrrh, and half an ounce of castor. Beat the whole together, add a quarter of a pound of dried millepedes, and pour thereon three quarts of mugwort water, and two of brandy. Let them stand in a close vessel eight days, and then distil them in a cold still. Draw off nine pints of water, sweeten it to your taste, and bottle it off.

Cinnamon Water.

Simmer bruised cinnamon one pound, and two gallons of water, in a still for half an hour, put what comes over into the still again, and when cold, strain it through flannel.

Rose Water.

The roses should be gathered when dry and full-blown, pick off the leaves, and to every peck put a quart of water. Then put them into a cold still, and make a slow fire under it, for the slower it is distilled the better it will be. Bottle it, and in two or three days cork it for use.

Hungary Water.

Take seven pounds of the tops, with the leaves and flowers, of rosemary, six gallons of rectified spirits, and two quarts of water, and distil off five gallons with a moderate fire.

Angelica Water.

Take eight handfuls of the leaves of angelica, washed and cut, and when dry, put them into an earthen vessel, with four quarts of strong wine lees, to infuse for twenty hours, stirring it twice in that time. Then put it into a warm still or alembic, and draw it off. Cover the bottles with paper, prick holes therein, let it stand two or three days, and then mix all together, sweeten it, and when bottled stop it close.

Orange and Lemon Waters.

Put three gallons of brandy, and two quarts of white wine, to the external rinds of one hundred oranges or lemons, steep them one night, and the next day distil them in a cold still. A gallon with the proportion of peels will be enough for one still, which will yield above three quarts. Draw it off till it begins to taste sour; then sweeten it with double-refined sugar, and mix the first, second, and third runnings together. Lemon water should be perfumed with two grains of ambergris, and one of musk ground fine, tied in a rag, and hung five or six days in each bottle, or put therein three drops of the tincture of ambergris. Cork it tight for use.

Imperial Water.

Put two ounces of cream of tartar in a jar, with the juice and peels of two lemons, pour thereon seven quarts of boiling water, and when cold, strain it through a gauze sieve. Bottle it up, and keep it for use.

Honey Water.

Coriander seeds a pound, cassia four ounces, cloves and gum benzoin two ounces each, oil of rhodium, essence of lemon, essence of bergamot, and oil of lavender, each one drachm, rectified spirit of wine two gallons, rose water two quarts, nutmeg water one quart, musk and ambergris each twelve grains. Distil the whole in a water bath till dry.—Or, put two drachms of tincture of ambergris, and as much tincture of musk, in a quart of rectified spirits of wine, and half a pint of water. Filter it, and pour it into small bottles.

ECONOMY OF THE DAIRY.

IN the management of the dairy, the greatest attention must be paid to cleanliness. A pump in or near the place will, therefore, be of material benefit in assisting the servant, and preserving sweetness. The floor should be paved with bricks or flag-stones, and laid sloping to let off the water. Every part and utensil must be washed daily, and care taken that no vessel contracts a sour smell. The churns should be scalded on the inside, that the steam may not affect the milk and butter. Glass windows are not so convenient as sliding lattices of wood work, and there should be shutters added to keep out the external heat. Meat hung up in a dairy will spoil the milk.

The utensils employed in a dairy should be made of wood, for lead, copper, and brass are poisonous, and cast iron gives a disagreeable taste. The best vessels for milk are flat trays, about three inches in depth, and sufficiently wide to hold a gallon. When the milk is brought into the dairy, it should be strained and emptied into clean pans immediately in winter, but not till cool in summer. White earthenware is preferable to brown, as being less porous, and sooner cleaned. Cows should be milked at an early hour, and not later than five in the evening. The quality of the milk will depend on various causes, as the health of the animal, the nature of the breed, and the quality of the pasture. Cows should have plenty of clean water in the field, and a change of food will tend to increase the milk, particularly two or three weeks before calving. If the teats of the animal are sore, they should be soaked in warm water twice a day, and either dressed with soft ointment, or washed with spirits and water. The milk, under these circumstances, should be given to the pigs.

To make Butter.

There is no article of food more delicate than butter, which derives much of its quality from the food of the animal, for if it be turnips, cabbages, brewers' grains, or oil cake, the milk and cream will be essentially affected. In such cases, the milk may be strained into the pans, and to every six gallons add one of boiling water; or dissolve one ounce of nitre in a pint of spring water, and put a quarter of it to every fifteen gallons of milk.—Another mode of purification is to keep back, on churning, a quarter of a pint of the sour cream, and put it into a scalded pot, into which the next cream is gathered, stir it well, and do the same with every other portion

The ordinary process in the making of butter is as follows:—During the summer, skim the milk early in the morning, after it has stood twenty-four hours; but in winter, let it remain twice as long. Set the cream in a cold place, where the free air is admitted, and if you cannot churn twice a day, remove it into fresh vessels, but by no means let it remain a week. It is best to churn twice in that time, especially during summer. The churn should be fixed in a current of air, and if it is not a barrel one, set it in a tub of water two feet deep, which will make the butter firm. It requires more working in summer than in winter. When the butter is come, pour off the milk, and put the substance into a fresh pan or a tub, that has been previously placed in cold water. Pour water on the butter, and let it lie to acquire firmness before you work it. Then change the water, and beat it with flat boards till no taste of the buttermilk is left and the water is perfectly clear. Next add some salt to it, and make it into shape. The buttermilk, if made of sweet cream, is a delicious and salutary article, particularly in consumptive cases. Buttermilk, also, when not sour, is as good as cream to eat with fruit, if sweetened with lump sugar, and mixed with milk. It is likewise excellent in cakes and rice puddings. That which comes from scalded cream in the western counties is remarkably delicious.

Dutch method of making Butter.

The milk, immediately after it comes from the cows, is left to cool in pans, but not suffered to stand, for the cream to rise, more than four hours. It is then stirred all together, that the milk and cream may be thoroughly incorporated, and the same is done two or three times a day. The thicker the mass becomes by this agitation, the more it is esteemed. When the proper consistency has been obtained, it is churned for about an hour, or until the butter is formed. Cold water is then added, according to the quantity of the milk, in order to separate the thin fluid, or buttermilk. The butter being properly come, it is taken from the churn, washed, and kneaded in fresh water till all the buttermilk is thoroughly expressed. By this process, the Dutch are enabled to make larger quantities, from the same proportion of cream, than the English, while the buttermilk is more agreeable.

To preserve Butter.

Take two parts of common salt, one part of lump sugar pounded, and one part of saltpetre; beat them together, and blend the whole completely. Of this composition take one ounce for every sixteen ounces of butter, work it well into the mass, and cover it up for use. The butter thus cured,

appears of a rich marrowy consistence, and a fine colour, never acquires a brittle hardness, nor tastes salt like that which is kept in the common way. It must not be opened, however, for use under a month.

To keep Milk and Cream.

When the weather is hot, milk and cream may be kept perfectly sweet by scalding the same very gently, without boiling, in broad shallow pans, or a jar set in a boiler of hot water. Cream already skimmed may be kept twenty-four hours if scalded, without sugar; and by adding to it as much powdered lump sugar as will make it tolerably sweet, it will be good for some days, when set in a cool place.

The practice of keeping milk in leaden vessels, and salted butter in stone jars, is very detrimental. Wooden tubs are both most wholesome and cleanly.

To increase the Quantity of Cream.

When the new milk comes into the dairy, put it into a pan that has previously lain in boiling water, and cover it with another that has done the same. This will both thicken the cream, and increase its quantity.

To preserve Cream sweet.

Dissolve twelve ounces of white sugar in as little water as possible, after which, boil it in a pipkin, and immediately add twelve ounces of new cream, mixing the whole while hot. Let it cool gradually, and pour it into a bottle, which must be carefully corked. Keep it in a cool place, and it will be good for weeks.

To purify Rancid Butter.

Melt and skim the butter, as you would do for clarifying, and then put into it some toasted bread. In a few minutes the butter will lose its offensive smell, but the bread will become fetid.

To freshen Salt Butter.

Put four pounds of salt butter into a churn, with four quarts of new milk, and a little annatto. Churn these together, and in about an hour take out the butter, and treat it as you would fresh, by washing it in water, and adding to it some salt. By this means, the butter gains about three ounces in every pound. A common earthen churn will answer the purpose as well as a wooden one.

To make Cheese.

The article will differ according to the quality of the nature of the milk, and the mode of making. Good cheese may be made from a tolerable pasture, by taking the entire of two

meals of milk, and proportioning the thickness of the vat to the quantity, instead of having one that is wide and flat. By adding a pound or two of fresh-made butter, the cheese made on poor land will be improved. Cheese for ordinary purposes may be produced by two meals of skimmed, and one of new milk, or in very good land by skim milk only. To prepare the rennet for turning the milk, take the stomach of a calf as soon as killed, and scour it within and without with salt, after it has been cleaned of the curd. Let it drain a few hours; then sew it up with two handfuls of salt in it, or stretch it on a stick well salted, or keep it in the salt wet, and soak a bit in fresh water. Put the milk into a large tub, warming a part of it, till it is of the heat of new, but if too hot the cheese will be tough. Put in rennet enough to turn it, and cover it over. Let it stand till completely turned; then strike the end down several times with the skimming dish, and let it separate, but still covering it. There are two ways of breaking the curd, according to which, there will be a difference in the taste of the cheese. One is, to gather it with the hands gently towards the side of the tub, letting the whey pass through the fingers till the whole is cleared, and lading it off as it collects. The other is, to get the whey from it by early breaking the curd, which last method deprives it of many of its oily particles, and is therefore not so good a mode as the former.

Place the vat over the tub, and put in the curd with the skimmer, pressing it close with the hand, and adding more as it sinks, finally leaving two inches above the edge. Previous to filling of the vat, lay the cheese cloth at the bottom, and when full, draw it over on all sides. Cheese is to be salted either by mixing it in the curd after the whey is extracted in the tub, or by putting the salt in the vat, and crushing the curd all to pieces with it, after it has been dried, by squeezing it with the hands. Next lay a board under and over the vat, and put it in the press; in two hours turn it out, and put on a fresh cheese cloth, press it again for eight or nine hours, then salt it all over, turn it again in the vat, and let it stand in the press fourteen or sixteen hours, taking care to put the cheeses last made under all. Previous to putting them the last time into the vat, pare the edges to make them look smooth. There should be holes in the sides and bottom of the vat, to let the whey escape. Lastly, put on clean boards, and both change and scald them.

To make Sage Cheese.

Take the tops of young red sage, and after pressing out the juice in a mortar, do the same with some leaves of spinach, and mix both together. Having put the rennet to the milk,

pour in some of this juice, regulating the quantity by the degree of colour and taste it is intended to give the cheese. Break the curd gently, and in an equal manner; then empty it into a vat, and press it a little to make it mellow. After standing about seven hours, salt, and turn it daily for a month or five weeks, when it will be fit to eat.

Gloucester Green Cheese.

For a cheese of ten or twelve pounds, take about two handfuls of sage, and one of marigold leaves and parsley, bruise, and steep them all night in milk. Next day, strain off the milk, and mix with it about a third of the quantity required, but run the greened and clear milk separately, and keep the two curds also apart till both are ready for the vat. The mode of mixing them depends on fancy. Some crumble the two ends together, mixing them intimately, while others break the green curd into fragments, or cut it into figures with tins made for the purpose. In vatting, the fragments are placed on the outside, first laying the bottom of the vat with them, and crumbling the white of the yellow curd among them.

Cream Cheese.

To every quart of new milk add a gill of cream, make the mixture moderately warm, and put to it just rennet enough to turn it. When the curd comes, lay a cloth in the vat or mould, for which the bottom of a sieve may be used, but it should be of the exact size of the intended cheese. Then letting out the curd, with a skimming dish fill up the mould, turn the cloth over it, and set it to drain. As the curd settles, keep filling in more with a gentle pressure, till the whey is wholly extracted, and there is sufficient substance left for the cheese. Then turn it out into a dry cloth, and press it with a moderate weight, not exceeding two pounds. At night turn it into a clean cloth, and next morning slightly sprinkle it with salt, after which, if it is dry enough, lay it on a bed of fresh nettle, strawberry, or ash leaves, and cover it with more of the same. Shift, and turn it twice a day, renewing the leaves for a fortnight, when it will be fit to eat. If wanted sooner, it may be kept in a warm place, between two pewter dishes, covered with leaves as before.

Stilton Cheese.

Put the cream that has been produced in the night into the next morning's milk, with the rennet, but the curd, instead of being broken, is to be taken out altogether. Place it on a sieve, and while draining, gradually keep gently pressing it, till it has acquired a consistency; then place it in a wooden hoop, and keep it dry on boards, turning it fre-

quently, and bind a cloth round it, tightening the same as occasion requires. In some dairies, the cheese, after being taken out of the hoop, is bound tight round with a cloth, which is changed every day till the cheese stands in need of no farther support. After taking off the cloth, it must be rubbed every day for two or three months with a brush, and when the weather is damp, this should be done twice a day.

Imitation of Cheshire Cheese.

When the milk is set, and the curd has come, it must be drawn on one side with the hands, and broken gently and regularly, otherwise much of the richness will go into the whey. Put the curd into the cheese vat, and, when full, press and turn it often, salting it at different times. The size of each cheese is usually about eight inches in thickness, and it is not usual to cut one under twelve months, during which it must be frequently turned and rubbed. At the end of the year, a hole may be cut in the top, and about a quarter of a pint of white wine poured in; then stop up the cavity, and set the cheese in a wine cellar for six months longer.

Net Cheese.

Net cheeses are made in Wiltshire, and prepared in most respects like others, but it is observable, that they are never *eyed*, as it is called. In making them, the curd is squeezed with the hand as closely and tightly as possible into the net, and to this natural pressure may be ascribed the circumstance of the cheeses being free from the defects which attend those made in the ordinary way.

Marigold Cheese.

Pick the best coloured and freshest leaves you can get, pound them in a mortar, and strain out the juice, which must be put into the milk at the same time with the rennet, and both stirred together. The milk being set, and the curd come, break it as gently and equally as you can; then put it into the vat, and press it with a moderate weight, and have holes at the bottom to let out the whey.

To preserve Cheese sound.

Wash and wipe it with whey once a month, and keep it on a rack. If you want to ripen it, place it in a damp cellar. When a whole cheese is cut, the larger quantity should be spread with butter on the inside, and the coat wiped. To keep what is used moist, wrap round it a cloth that has been wrung out in cold water. Dry cheese may be advantageously used by grating it with macaroni.

Some cheeses, especially those made in Gloucestershire, are highly coloured with *arnotto*, which is perfectly harm-

less; but as many persons use red lead for cheapness, families would do well to avoid purchasing cheese which has that appearance. We have also been lately informed of dealers, who, in order to give a blue mould to their cheese, have inserted into them pieces of copper or brass, the consequences of which have been in some instances fatal, for the dainty morsel thus produced is verdigris

MANAGEMENT OF POULTRY, ETC

A warm and dry soil is best adapted for rearing domestic fowls of the gallinaceous kind, particularly chickens, as they are very susceptible of cold. The foundation of the poultry yard should be laid with chalk or bricklayer's rubbish, and over that a stratum of sandy gravel, intermixed with plots of grass. The surface must be sloped and drained, to avoid all stagnant moisture. The fences must be high, and close at the bottom, to prevent the smallest chick from passing through, or various vermin from getting in. The proper aspect is from the north-west to the south-east. Beds of sifted ashes, or any dry sand, should be so placed as to give the hens an opportunity for exercise, to which they have a natural propensity, and which conduces to their benefit. The floor of the poultry house should consist of chalk, or earth well rammed, and the surface smooth; the roof lofty, the perches level, and placed so as to be inaccessible by vermin, convenient steps should also be driven at proper distances, but not over one another, in order to render the ascent easy to the fowls. Boxes are to be placed along the walls, with a step to each, barely high enough to prevent the eggs from rolling out. Some breeders, however, prefer having the boxes placed on the floor, on account of the danger resulting from the falling of the chickens. This house should have shutters, for the admission of the morning air. Turkeys being roosting fowls, may be kept in the yard, either in a separate house, or their boxes for laying may be placed on the ground. In the ordinary way, poultry of all kinds are commonly associated in one house, the cocks and hens aloft, while the ducks, geese, and turkeys take their station on the floor. A piece of water within the enclosure, with distinct laying houses for the aquatic tribes, will be very useful.

In the choice of gallinaceous fowls, it is a general rule to breed from young stock, particularly a two-year-old cock, commonly called a stag, and pullets about a year older. Those in their first year, if early birds, will perhaps lay as many eggs as others, but smaller, besides which, the hens are

unsteady sitters. Hens are in their prime at three years, and decline after five. Those with a large comb, or that crow, are generally considered as inferior. Yellow-legged fowls are often weak, and the flesh of an indifferent flavour. The health of fowls may be ascertained by the fresh and florid colour of the comb, the bright lustre of the eyes, the dryness of the nostrils, and the gloss of the plumage. The most useful cock, is active, bold, and vengeful. Hens above the common size are bad breeders. The marks of old age in them are pale combs and gills, dulness of colour, and a roughness in the feathers, with disproportionate talons, and prominent scales on the legs. The number of hens to one cock should be four, but never exceeding six. The spring is the best season for commencing breeding, though hens will sit in January, if fed well and kept warm. The conduct of the cock should be watched, as he frequently evinces his partialities in such a way as to endanger the life of the hen that becomes the object of his dislike, and sometimes he will even attack the chicks in his passion.

In making the nests, short and soft straw is to be preferred, as more convenient for the sitting hen and her young.

Eggs for sitting should never be older than a month, and be as nearly of a size as possible, smooth, and free from flaws. The proper number is from nine to fifteen, an odd one being preferred, under an idea that they will lie the closer. They should be marked with a pen, and examined when the hen leaves her nest, in order to detect any fresh ones that she may have laid, and which should be immediately removed, otherwise they will be hatched too late for the other brood.

Eggs broken in the nest must be cleaned away directly, and those remaining washed with warm water, and replaced instantly. The feathers of the hen may also be cleaned in the same way.

Some hens are so capricious as to render their sitting very uncertain. A number of eggs should be left in the nest as an enticement, but no other expedient will have the effect of securing incubation. Every succeeding year, after the third, the hen continues to moult, or cast her feathers, later in the season, and laying fewer or no eggs during that period, which will sometimes last two or three months. Whilst in this state, poultry are as unfit for the table as for breeding, and it is the same with young fowls whilst shedding their feathers in the spring, but the regular moulting season for full-grown ones is in the autumn.

In some hens, the propensity to sitting is so strong, that they will repeat it five or six times in the year, while others will not sit more than once or twice in the season.

While in the act of incubation, corn and water should be occasionally placed near the hen, but removed again when she is satisfied, that she may not be withdrawn from her office.

Assistance in hatching is seldom necessary, and must never be administered hastily. Between the body of the chick and the membrane that clothes the shell, is a viscous fluid which will sometimes become a real glue, and by adhering to the feathers of the bird keep it imprisoned. To extricate the little animal from this state, take the egg, and having dipped your finger, or a piece of linen, in warm water, apply it to the fastened parts until they are disengaged; then return the chick to the nest, where it will soon get extricated from any other incumbrance. If it be necessary to break the shell, it should be done with the fingers, taking off, as gently as possible, the membrane from the feathers, and moistening them with warm water, to facilitate the operation. The chickens first hatched are to be taken immediately from the parent, lest she should be tempted, for the sake of these, to abandon the rest. When removed, place them in a basket of wool or soft hay, and keep them in a warm situation, but without food, which they will not want for a day. The whole brood being hatched, the parent bird must be placed under a wicker cover abroad in the sun, and out of the reach of any other hen, that the chickens may not mix, and be destroyed. The first food should be split grits, afterwards tail wheat; every thing of a watery kind, as soaked bread and potatoes, being highly improper. Eggs boiled hard, or curds chopped small, will be very nutritious. The water, which should be clear and often changed, must be put into broad shallow pans, that the chickens may drink easily, without wetting themselves. In general, there will be no occasion to keep the brood cooped up with the hen above two or three days, but they may be confined according to circumstances, or suffered to range about, as they are much benefited by the scratching and foraging of their parent. They must not, however, be let out too early in the morning while the dew is on the ground, nor allowed to ramble in the wet grass, for nearly all the diseases of gallinaceous fowls arise from cold and moisture. If the hen forsakes her young ones, they must be crammed with dough made of wheaten meal and milk, taking care not to gorge them, lest they be choked. Full-grown fowls may also be crammed to advantage, with ground oats made into gruel, and mixed with hog's lard, pot liquor, sugar and milk, or with a paste made of barley meal, suet, treacle, and milk.

The most frequent disease in common fowls is the pip, which is a white skin or scale on the tip of the tongue. To

cure it, tear off the skin with your nail, and rub the tongue with salt. For the *flux*, give the bird solid food; and for *constipation*, or costiveness, pollard mixed with skimmed milk, or pot liquor in which a small quantity of sulphur is mixed. Fowls are sometimes, owing in a great measure to want of care and proper feeding, troubled with vermin; the best remedy for which, is sand and ashes, that, by rolling therein, they may cleanse themselves; they may also be washed with a decoction of wild lupines. Hens, sometimes by laying too many eggs, or sitting too long, exhaust their strength and become emaciated. To obviate this, take the white of an egg, and roast it till it appears burnt; mix this with an equal quantity of burnt raisins, and give some to the hen the first thing in the morning.

The chief disease to which fowls are liable, originates in changes of weather, and the malady shews itself in a running at the nostrils, swollen eyes, and other catarrhus symptoms, termed *roupy*. In such cases the disordered ones should be separated from the rest, to avoid infection. They must also be kept warm, their nostrils washed with soap and water, and the eyes with milk and water, after which, bathe the swollen parts with a little diluted spirits and water. To complete the cure, give sulphur in their drink, or a small portion of calomel in their food. For the confirmed roup, or imposthume on the rump, open the part, thrust the core out, and wash the place well with salt and water.

To prevent the spurs of a cock from growing too long, they should be pared every three months.

To fatten fowls or chickens in a week, take some rice and skimmed milk, just enough for each day, let it boil till the former is swollen, and then add a little sugar. Feed the fowls three times a day with this, and give them a regular supply of water, taking care to change it often; the milk also in which the rice has been boiled will greatly improve the flesh. Fowls fattened for the table in this way should be kept without food for sixteen hours before they are killed.

Turkeys.

One turkey cock is sufficient for six hens, or more, but care must be taken to keep him from the nest, otherwise he will destroy the eggs. The hen, according to her size, will cover from nine to fifteen eggs, but unless watched she will steal a nest in some improper and unsafe situation. The period of incubation is thirty days. She is a steady sitter, and will sometimes continue on the eggs till nearly starved, wherefore it will be necessary to give her a regular supply of food and water. Afterwards, however, she is a most careless parent, and will drag her offspring about without paying the

least attention to the straggling chickens. She differs besides from the common hens, in never scratching for her young, but leaves them entirely to their own industry. The chicks must be taken from the nest as soon as hatched, and kept very warm. The old practice has been, from time immemorial, to plunge them instantly into cold water, and to give each a whole pepper-corn, with a tea-spoonful of milk. The hen and brood must be housed for a month or six weeks, according to the weather. The first food should be curd and barley meal, kneaded with milk, and often renewed, with clear water. When sickly, they should have a little half-ground malt with the meal, and some powdered caraway or coriander seeds; artificial worms, or boiled meat pulled into strings, will also be very serviceable to them, as well as to other chicks. All slop victuals should be avoided. The greatest regard ought to be paid to cleanliness, and a dry gravelled layer is most proper for them, with a fresh turf of grass placed thereon daily, the pecking of which will afford them a pleasant exercise, and contribute to their growth. Hard-boiled eggs may be now and then mixed with their other food, till the chicks are six weeks old. The hen should be cooped out of doors about two hours in the forenoon, when the weather is warm. When about half grown and full feathered, the young will become sufficiently strong to range abroad, so as to require only to be fed early in the morning, and on their return in the evening. To fatten turkeys, sodden barley, or barley and wheaten meal mixed, will be the most proper food.

Pea Fowl.

These are to be treated as turkeys, taking particular care to keep the young out of the way of the cock, till the crown feathers of the head are grown, otherwise he will kill them. Nature, however, has taught the hen bird to guard her offspring from this savage practice of her partner, by taking them away from him as far as possible.

Guinea Fowl.

These lay a great number of eggs, the hatching of which is very difficult, for as the parent bird is a bad nurse, it will be advisable to employ the common hen in her room. It is customary, but for what reason is not clear, to put one or two pepper-corns down the throat of each chick when newly hatched. They require great warmth, and careful feeding with rice parboiled in milk, or bread soaked in the same.

Ducks.

The duck generally begins to lay in February, and the eggs are to be taken away daily, till she is inclined to sit

when they are to be replaced, after which, she will require no other attention than a regular supply of food and water. From eleven to fifteen eggs are the usual number, and the term of incubation is a month. There should be one drake to five ducks. When accustomed to her nest, the female will not forsake it; but if not provided with one in due time, she will lay abroad and conceal her eggs. During the process, she should be kept in a secluded state, for the duck has the peculiar habit of covering her eggs when she goes to seek for food and refreshment. When she removes with a brood, prepare a coop upon the short grass, if the weather is fine, or under shelter if otherwise; place near it a flat dish with water, which must be often changed, and let the first food be barley or any other meal. In rainy weather it will be proper to clip the tails, and the surrounding down of the ducklings, to prevent their dragging and weakening themselves. One duck should not be cooped near another, lest the broods intermingle. The period of confinement will depend on the weather, and the vigour of the young ones. At the end of a week they may be allowed to take the pond, but not for any length of time. If they are affected with the scouring, keep them in the house, and give them pea or bran meal mixed with their customary food; that of buckwheat will then be very proper. The bed of straw should be often renewed, that the brood may have a dry and comfortable bed, but the mother should be well fed with solid corn.

Duck eggs are often hatched by hens, but manifestly to the disadvantage of the foster parent, who is much distressed, and even injured, by the propensity of the young ones to run into the water.

Ducks are fattened either in confinement with plenty of food and water, or by allowing them the liberty of the pond, with as much solid food as they will eat. A dish of mixed food, if preferred to whole corn, may be laid on the bank, or in a shed, for their use. Oats, whole or bruised, are the best for fattening geese and ducks, but barley injures the flesh.

Geese

One gander and five geese constitute a breeding stock. The female sits from twenty-seven to thirty days, covering from eleven to fifteen eggs. A nest should be prepared for her in a retired place, as soon as she begins to carry straw in her bill, which is a sure sign of approaching incubation. While sitting, she must be regularly supplied with scaldec bran and oats, but no farther attention will be necessary, as the goose will not quit her employment until she has done hatching, and the gander never fails to guard both her and her young with the greatest vigilance. It has formerly been

recommended to keep the young brood in the house for some days, lest they get cramped on the cold ground, but this appears to be a vulgar error.

The first food for goslings should be the same as that of ducklings, namely, pollard, bruised oats, or barley meal, with the addition of some cooling greeps. Care should be taken to destroy all the deadly nightshade, hemlock, and yew within the range of young geese. When grown strong enough to frequent the pond, they will stand in little need of feeding, except in the morning and evening, when it may be proper to give them a moderate quantity of corn or pulse, with the leaves of cabbages, lucerne, and sliced carrot. Stubble geese require little, if any, fattening. The best breeding geese are the white and gray kinds, and with proper care two broods may be obtained in a season. These animals are sometimes troubled with a catarrhus affection, called the gargle in the head, the proper treatment of which is to give them garlic mixed with their food, and to keep them warm.

Pigeons.

The pigeon is monogamous, that is, the male attaches himself to one mate, and the affection is reciprocal. Young ones are termed *squeakers*, and begin to breed at about the age of six months, if properly managed. Nestlings, whilst fed by the cock and hen, are termed *squabs*. The dove-house pigeons are said to breed monthly, when well supplied with food, particularly in frosty weather. It is certain, however, that they will breed eight or ten times in the year.

Every pair of pigeons must have two holes or rooms to nest in, otherwise there will be nothing but confusion and destruction among the eggs and young broods. Pigeons thrive well near dwellings, stables, bakehouses, or brewhouses. The front of the cote should face the south-west, and above it should be a white painted platform, with perches for the birds to alight and sit upon, taking care to have a fence against strange cats. The boxes also should be coloured white with lime and water. Cleanliness is a primary consideration, and the want of it will soon render the dovecote a nuisance. It should be cleaned daily, and the floor covered with sifted gravel. Pigeons are exceedingly fond of water, and therefore it will be necessary to place a wide pan for their use, in which they may bathe themselves.

The shelves in the cote should be placed sufficiently high to secure the birds from vermin. They ought to be about twenty inches broad, with partitions between them at the distance of about three feet from each other, so that there may be two nests in that compass. Some prefer breeding holes, open in front for the convenience of cleaning the

nests, but a step ought to be placed before them, to keep the young from falling. As the tame pigeon seldom takes the trouble to make a nest, it will be proper to provide her one of hay, to prevent the eggs from rolling and breaking. Food and water should be given in such a manner as to be free from impurity, for which purpose earthen pans will be sufficient if attended to.

To match a cock and hen, it is necessary to shut them together, or within reach of each other, in which case, the connexion will be formed in one or two days. The hen lays only two eggs previously to incubation. On laying her first she rests one day, and on the next lays the second. The period of sitting is nineteen or twenty days from laying the first egg, and seventeen or eighteen from the last. The labour is equally divided between the cock and hen, only the latter always sits by night, and is relieved in the morning by her mate, who continues the office during the greater part of the day. The business of feeding the young is also divided between the parents, and the cock has often brought up the young on the accidental loss of their mother.

If the eggs, through accident, are not hatched in due time, some assistance may be necessary to extricate the imprisoned bird from the shell; and if addled, the cock and hen may be furnished with a borrowed pair of young ones to feed from their soft meat. This is a sort of milky fluid or pap, secreted in the craws of pigeons, against the time when it will be wanted for the nourishment of the young. They have the power of throwing it up at pleasure, and in feeding they inject it from their own bills into those of the young ones. This kind of feeding continues six or seven days, when the old ones mix with it some more solid substance, until they give them whole grain.

Pigeons are granivorous, and very delicate in their diet, but they will sometimes eat green vegetables, particularly warm salads. Tares and the smallest kind of horse-beans are the best and cheapest food for them, but the pulse should be always a year old, for when new it is apt to scour the birds. Seeds are occasionally given to them, as a warming and stimulant diet, rape and canary being preferable to hemp. Pease, wheat, and buckwheat are eaten by pigeons, but should be given only occasionally. It is customary to place near a dovecot, what is called a salt cat, made of loam, sand, old mortar, fresh lime, bay salt, allspice, cummin, coriander, and caraway seeds, moistened with urine. This is enclosed in jars, with holes in the sides, to admit the beaks of the birds.

Pigeons are subject to the catarrhus complaint, ordinarily denominated the roup, for which garlic in pills, and rue in water, are the common remedies, but in general the

cure may be effected by keeping the birds under shelter, and supplying them with warm seeds, or mixing horse-ball with their food.

For other disorders, bay salt and cummin seeds will be found a good medicine, and when they are troubled with the scab, add asafœtida to the above ingredients, and mix the same with their food.

For the scouring, give them water from an iron forge, or the rust of iron mixed with dough.

In keeping poultry of every kind, care must be paid to air and room, for if they are closely pent, the impurity of the atmosphere will generate diseases, and carry them off.

Feathers.

These should be kept in a tub or box free from damp, and when sufficiently dried, put into paper bags, after which, hang them up in the kitchen, taking care not to add fresh ones to them.

Rabbits.

These animals are best in their wild state, unless the tame ones are carefully kept and properly fed. The rabbit house should stand on a dry foundation, and be well ventilated, and frequently cleaned. Exposure to wet, either internally or externally, is as fatal to rabbits as sheep. The huts or hutches should be placed over one another in rows, and each divided into two rooms, one for feeding, and the other for sleeping. The bucks must be always kept apart during gestation, and till the young ones are sufficiently strong to take care of themselves. The best breeding rabbits are those produced in March, and one doe will have six or seven litters in a year. They should be fed three times a day, with carrots, potatoes, artichokes, cabbage leaves, lettuce, clover, oats, pease, wheat, and bran. They are in perfection at the fourth or sixth month, beyond which, the flesh becomes dry and hard. If not very well attended, the impurity of the air occasioned by the stench will prove fatal to them.

Swine.

This is one of the most useful and profitable of all the domestic animals, being the general collector of every kind of waste and offal, for which it makes an ample return in a substantial article of food. In keeping pigs, room and ventilation are necessary objects. The sty should be built on a dry foundation, paved below, and well sheltered above. It should also be kept clean, for though pigs will wallow in the mire, they love good lodging. As they are voracious with their teeth, cast-iron troughs are preferable to wooden ones. A range of sties, where a number is kept, will be advisable.

The seasons for the purchase of pig stock are at old Michaelmas after harvest, and in the months of March and April. They are ready for procreation at the age of seven months, but the male should at least be a year old, and he is in his prime at two. The term of gestation is four months : and one sow will produce three litters of five to twelve pigs, in a year. The most prolific sort is the China breed, and its crosses. After being with the boar, for which the middle of March and September are the most advantageous seasons, the sow should be confined for a short time, and when she becomes heavy, she should be kept alone, for if others are suffered to be in the same sty with her, they will devour the young ones as they fall. The breeding sow ought to be regularly, but not over fed ; and it will be prudent to have a hamper or basket of straw, ready to remove the young pigs from danger, and to replace them as convenient. The pigging house should be warm, and secure from the irruptions of vermin ; short straw frequently changed is best for a bed, but not in any great quantity, lest some of the litter be smothered. The first food should consist of warm and nourishing wash from the kitchen or dairy, thickened with pollard or barley meal. Some strong beer may also be given as a cordial, if necessary. The sow can hardly be kept too well during this period, and in addition to the two ordinary meals, she should be allowed an extra one of dry meat, as a pint of pease or beans, with half a peck of carrots, or boiled potatoes ; but the latter alone are too watery, nor should pigs be fed either with them, or loose vegetables of any kind, until they are three months old. The sow may be let out for exercise at pleasure, and the young ones also, but never in hot weather.

Weanlings should have at least one month of delicate feeding, with warm lodging, and the same sort of food three times a day, to which they were accustomed when with the sow. Corn and pollard are essential articles of food. Growing stores and sows may be fed through the winter with the run of the yard, and a wash made of roots, meal, cabbage, and any kind of vegetables.

In autumn, and a plentiful season, swine will support themselves abroad upon acorns, and in summer upon clover or tares, but it will be proper to give the young ones a daily feed of old beans. Pigs will fatten either in confinement or at large. When in styes, they should be all ringed ; and if a number are fed together, and one happens to be annoyed by the rest, it should be removed directly out of the reach of its enemies. The fewer are kept together, the more quietly they will feed and thrive. Troughs with sliding boards are best, because they prevent waste, and keep the food clean.

Weanlings are fattened for delicate pork chiefly in the

dairies, in about four or six weeks. But generally a pig of five or six months' old will be fattened in two or three months. Small bacon hogs will require twelve weeks, and the larger ones from sixteen to twenty. They should be kept perfectly dry and comfortably clean, for which purpose they must be attended daily, and fed thrice. Skimmed milk, and pea, oat, or barley meal, will be found to improve the flesh best in every respect. Hence it is, that dairy-fed pork and bacon, always obtain the preference at market. Corn-fed pork is next in value, but the flesh of pigs fed on beans is hard; and where the animal has lived on potatoes, the pork is loose, insipid, and unprofitable. Hence, Irish pork and bacon are greatly inferior to the English. A pig will eat two or three pecks of corn or meal in a week, but in fattening a hog, the proportion will vary according to the size.

For the foulness of the skin and the swine pox, give them sulphur and madder, with treacle in the wash, brewers' grains or pollard, and take care that the styes are thoroughly ventilated. When their ears crack and become scabby, anoint them with tar and lard.

Cutting and spading the young pigs is performed when they are six or seven weeks old, or according to their strength, in a week after which they may be weaned. After they are weaned, be careful to shut up the sow closely, and feed her well; for on the reflux of the milk, she will be very importunate in her calls for the boar. It is necessary to observe that sows are exceedingly voracious, and occasionally such fierce and savage animals, as to attack and devour young children. The sow is spaded whilst she gives suck, and the boar may be safely castrated at any age. Ringing the snouts of pigs should be performed at weaning time, and after their recovery from castration. In Cheshire they cut away the cartilage or gristle of the snout instead of inserting a ring. For bacon hogs in a commercial view, the regular large varieties are doubtless best calculated, as being endowed with the essential article of growth, as well as of breeding fat. This property of growth, or increase of size, in animals to be fattened, has, of late years, been slighted since the fashion has prevailed of confining our attention solely to the consideration of fattening, but on actual experiment it will be found, that a well-shaped animal, of whatever kind, endowed with both properties, will make the heaviest return, and produce an article of superior quality for the quantity of meat consumed.

THE CULINARY CALENDAR;

Exhibiting the various Articles in Season throughout the Year.

JANUARY.

Meat.—Beef, mutton, veal, house lamb, pork, doe venison.

Poultry and Game.—Turkeys, capons, pullets, fowls, chickens, pigeons, pheasants, partridges, woodcocks, snipes, hares, rabbits, and wild fowl of all sorts.

Fish.—Turbot, cod, soles, flounders, plaice, thornback, skate, sturgeon, smelts, whittings, carp, tench, perch, lampreys, eels, crayfish, lobsters, crabs, prawns, oysters.

Vegetables.—Cabbage, savoys, coleworts, sprouts, brocoli, spinach, parsneps, carrots, potatoes, lettuce, cresses, mustard, rape, radish, turnips, tarragon, sage, scorzonera, skirret, cardoons, beet, parsley, sorrel, chervil, celery, endive, mint, thyme, savory, marjoram, hyssop; and, though not in season, these may be had in hothouses, artichokes, asparagus, cucumbers, and mushrooms.

Fruit.—Apples, pears, nuts, almonds, services, medlars, grapes, and oranges.

FEBRUARY.

Meat.—Beef, mutton, veal, pork, house lamb.

Poultry and Game.—Turkeys, pullets with eggs, capons, chickens, tame and wild pigeons, all sorts of wild fowl, pheasants, partridges, woodcocks, hares and rabbits.

Fish.—Cod, soles, turbot, carp, tench, sturgeon, thornback, flounders, plaice, smelts, whittings, skate, perch, eels, lampreys, grayling, sprats, dorey, halibut, lobsters, crabs, prawns, oysters, crayfish, anchovies.

Vegetables.—Cabbage, savoys, sprouts, coleworts, brocoli purple and white, lettuces, endive, celery, onions, leeks, garlic, shalots, rocambole, cardoons, beet, sorrel, chervil, chard-beet, parsley, cresses, mustard, rape, tarragon, burnet, tansey, mint, thyme, marjoram, savory, turnips, carrots, potatoes, parsneps, forced radishes, cucumbers, asparagus, kidney beans, salsafy, scorzonera, skirret, and artichokes.

Fruit.—Golden and Dutch pippins, with other kinds of apples, pears, grapes, nuts, and oranges.

MARCH

Meat.—Beef, mutton, veal, house lamb, and pork.

Poultry and Game.—Turkeys, fowls, pullets, capons, chickens, young ducks, tame rabbits, and pigeons.

Fish.—Turbot, thornback, carp, skate, tench, mullet, eels, whittings, soles, flounders, plaice, bream, barbel, mackerel, dace, roach, crabs, prawns, lobsters, crayfish, and oysters.

Vegetables.—Carrots, potatoes, turnips, parsneps, artichokes, garlic, onions, shalots, coleworts, borecole, cabbage, savoys, spinach, brocoli, beet, cardoons, parsley, fennel, celery, endive, tansey, mushrooms, lettuces, chives, cresses, mustard, rape, radishes, tarragon, mint, burnet, thyme, savory, marjoram, cucumbers, and kidney beans.

Fruit.—Golden pippins, rennetings, love, pearmain, and John-apples, pears, oranges, and forced strawberries.

APRIL.

Meat.—Beef, mutton, veal, lamb.

Poultry and Game.—Pullets, fowls, chickens, ducklings, pigeons, rabbits, and leverets.

Fish.—Carp, chub, tench, trout, salmon, turbot, soles, skate, mullet, smelts, herrings, crabs, lobsters, crayfish, and prawns.

Vegetables.—Coleworts, sprouts, brocoli, spinach, fennel, parsley, chervil, young onions, celery, endive, sorrel, burnet, tarragon, radishes, lettuces, small salad, thyme, and all sorts of pot-herbs.

Fruit.—Apples, pears, forced cherries, and apricots for tarts.

MAY.

Meat.—Beef, mutton, veal, and lamb.

Poultry and Game.—Pullets, fowls, chickens, green geese, ducklings, turkey poults, rabbits, and leverets.

Fish.—Carp, tench, eels, trout, chub, salmon, soles, turbot, herrings, smelts, lobsters, crayfish, crabs, and prawns.

Vegetables.—Early potatoes, carrots, turnips, radishes, early cabbages, cauliflowers, artichokes, spinach, parsley, sorrel, mint, purslain, fennel, lettuces, cresses, mustard, all sorts of salad, thyme, savory, and all other sweet herbs, pease, French beans, kidney beans, asparagus, and cucumbers.

Fruit.—Apples, pears, strawberries, cherries, melons, green apricots, currants for tarts, and gooseberries.

JUNE.

Meat.—Beef, mutton, veal, lamb, and buck venison.

Poultry and Game.—Fowls, pullets, chickens, green geese, ducklings, turkey poults, plovers, wheatears, leverets, and rabbits.

Fish.—Trout, carp, tench, pike, eels, salmon, soles, turbot, mullet, mackerel, herrings, smelts, lobsters, crayfish, and prawns.

Vegetables.—Carrots, turnips, potatoes, parsneps, radishes, onions, beans, pease, asparagus, kidney beans, artichokes, cucumbers, lettuce, spinach, parsley, purslain, rape, cresses, all sorts of salad, thyme, and pot-herbs in general.

Fruit.—Cherries, strawberries, gooseberries, currants, apricots, pears, apples, peaches, nectarines, grapes, melons, and pine-apples.

JULY.

Meat.—Beef, mutton, veal, lamb, and buck venison.

Poultry and Game.—The same as in the preceding month, with young partridges, pheasants, and wild ducks, called flap-ears or moulters

Fish.—Cod, haddock, mullet, mackerel, herrings, salmon, soles, plaice, flounders, skate, thornback, carp, tench, pike, eels, lobsters, prawns, shrimps, crayfish, and sturgeon.

Vegetables.—Carrots, turnips, potatoes, cabbages, cauliflowers, sprouts, artichokes, pease, kidney beans, cucumbers, celery, radishes, endive, onions, garlic, chervil, sorrel, purslain, lettuce, cresses, all sorts of salad, rocamboles, scorzonera, salsafy, mint, balm, thyme, and pot-herbs of all kinds.

Fruit.—Musk melons, wood strawberries, currants, gooseberries, raspberries, red and white jennetings, with several early apples and pears, morella and other cherries, peaches, nectarines, apricots, plums, figs, and grapes, walnuts for pickling, and rock samphire.

AUGUST.

Meat.—Beef, mutton, veal, lamb, and buck venison.

Poultry and Game.—Green geese, turkey poults, ducklings, pullets, fowls, chickens, leverets, rabbits, pigeons, young pheasants, wild ducks, wheatears, and plovers.

Fish.—Cod, haddock, plaice, skate, flounders, thornback, mullets, mackerel, eels, herrings, pike, carp, trout, turbot, soles, salmon, sturgeon, chub, lobsters, crabs, crayfish, prawns, oysters, and shrimps.

Vegetables.—Beans, pease, cabbages, sprouts, cauliflowers, artichokes, cabbage, lettuce, beet, carrots, potatoes, turnips, all sorts of herbs, radishes, horse-radish, cucumbers, cresses, and small salad, onions, garlic, shalots, rocambole, mushrooms, celery, endive, and cucumbers for pickling.

Fruit.—Gooseberries, raspberries, currants, figs, mulberries, filberts, apples, pears, peaches, nectarines, plums, grapes, melons, and pine-apples.

SEPTEMBER.

Meat.—Beef, mutton, lamb, veal, pork, and venison.

Poultry and Game.—Geese, turkeys, teal, pigeons, pullets, fowls, chickens, ducks, pheasants, larks, partridges, hares, and rabbits.

Fish.—Cod, salmon, haddock, flounders, plaice, thornback, skate, soles, carp, tench, pike, lobsters, and oysters.

Vegetables.—Carrots, turnips, potatoes, shalots, onions, leeks, garlic, scorzonera, salsafy, pease, beans, kidney beans, mushrooms, cabbage, artichokes, sprouts, cauliflowers, cardoons, endive, celery, parsley, lettuce, small salad, chervil, sorrel, beet, thyme, and all sorts of herbs for soups.

Fruit.—Peaches, plums, apples, pears, grapes, walnuts, filberts, hazel nuts, medlars, quinces, currants, morella cherries, melons, and pine-apples.

OCTOBER.

Meat.—Beef, mutton, lamb, veal, pork, and doe venison.

Poultry and Game.—Geese, turkeys, pigeons, fowls, chickens, wild ducks, teal, widgeon, woodcocks, snipes, larks, dotterels, pheasants, partridges, hares, and rabbits.

Fish.—Dorey, halibut, turbot, smelts, brills, gudgeon, pike, carp, tench, perch, salmon trout, lobsters, cockles, muscles, and oysters.

Vegetables.—Cabbages, sprouts, cauliflowers, artichokes, carrots, parsneps, turnips, potatoes, skirret, salsafy, scorzonera, leeks, shalots, garlic, rocambole, celery, endive, cardoons, chervil, chard-beet, corn salad, lettuce, young salad, thyme, savory, and all sorts of pot-herbs.

Fruits.—Apples, pears, peaches, grapes, figs, medlars, services, quinces, black and white bullace, walnuts, filberts, and hazle nuts.

NOVEMBER.

Meat.—Beef, mutton, veal, lamb, and doe venison.

Poultry and Game.—Geese, turkeys, fowls, chickens, pullets,

pigeons, woodcocks, snipes, larks, wild ducks, teal, widgeons, partridges, pheasants, dotterels, hares, and rabbits.

Fish.—Gurnets, dorey, salmon trout, smelts, gudgeons, lobsters, halibut, turbot, salmon, carp, pike, tench, oysters, cockles, and muscles.

Vegetables.—Cauliflowers from the greenhouse, artichokes, carrots, parsneps, turnips, potatoes, beet, skirrets, scorzonera, horse-radish, onions, garlic, shalots, rocambole, celery, parsley, sorrel, thyme, savory, sweet marjoram, early cabbages, and their sprouts, savoys, spinach, late cucumbers, pot-herbs from the hot-bed, burnet, lettuce, endive, and blanched Jerusalem artichokes.

Fruit.—Apples, pears, services, grapes, bullace, medlars, oranges, walnuts, hazel nuts, and chesnuts.

DECEMBER.

Meat.—Beef, mutton, veal, house lamb, pork, and doe venison.

Poultry and Game.—Geese, turkeys, pullets, capons, fowls, chickens, pigeons, woodcocks, snipes, pheasants, partridges, dotterels, larks, wild ducks, rabbits, and hares.

Vegetables.—Cabbages and savoys, spinach, cauliflowers from the greenhouse, and artichokes in the sand, roots the same as in the preceding month, small salad in hot-beds, also mint, tarragon, and cabbage lettuces under glasses, chervil, celery, and endive blanched, sage, thyme, savory, the leaves and tops of beet, parsley, sorrel, leeks, onions, shalots, rocambole, marjoram, marigold flowers, and dried mint, asparagus in the hot-bed, and cucumbers from the seed sown in July and August. Also the vegetables that were preserved in the summer and autumn.

Fruit.—Apples, pears, medlars, chesnuts, walnuts, services grapes, hazel nuts, and oranges.

The following illustrations of the table or plate, descriptive of the parts of animals cut into ordinary joints, will be found useful.

VENISON

- | | |
|-----------|--------------|
| 1. Haunch | 3. Shoulder. |
| 2. Neck | 4. Breast. |

BEEF.

*Hind-quarter.**Fore-quarter.*

- | | |
|-------------------|--------------------------------|
| 1. Sirloin. | 10. Fore rib: five ribs. |
| 2. Rump. | 11. Middle rib: four ribs. |
| 3. Aitch bone. | 12. Chuck: three ribs. |
| 4. Buttock. | 13. Shoulder, or leg-of-mutton |
| 5. Mouse buttock. | piece. |
| 6. Veiny piece. | 14. Brisket. |
| 7. Thick flank. | 15. Clod. |
| 8. Thin flank. | 16. Neck, or sticking-piece. |
| 9. Leg. | 17. Shin. |
| | 18. Cheek. |

VEAL.

- | | |
|---------------------|--------------------------|
| 1. Loin, best end. | 6. Neck, best end. |
| 2. Loin, chump end. | 7. Neck, scrag end. |
| 3. Fillet. | 8. Blade bone. |
| 4. Hind knuckle. | 9. Breast, best end. |
| 5. Fore knuckle. | 10. Breast, brisket end. |

PORK.

- | | |
|---------------------|---------------|
| 1. The spare-rib. | 4. Fore loin. |
| 2. Hand. | 5. Hind Loin. |
| 3. Belly or spring. | 6. Leg. |

MUTTON.

- | | |
|---------------------|----------------------------|
| 1. Leg. | 6. Shoulder. |
| 2. Loin, best end. | 7. Breast. |
| 3. Loin, chump end. | A chine is the two loins. |
| 4. Neck, best end. | A saddle is the two necks. |
| 5. Neck, scrag end. | |

GENERAL ARRANGEMENT FOR DINNERS.

For First Courses.

Various soups; fish; turtle, real and mock; boiled meats and stews; tongue; ham; bacon; turkey and fowls; rumps, sirloin, and ribs of roasted beef; leg, saddle, and other roast and stuffed mutton; roasted fillet, loin, neck, breast, and shoulder of veal; calf's head; leg, fore-quarter, and chine of lamb roasted; lamb's head and mince; leg of pork; roast pork; pig's feet and ears; venison; beef steaks; ragouts and fricas sees; meat pies; stewed pigeons; rabbits; hare; puddings; and vegetables. In large dinners there should be two soups, and two dishes of fish.

FAMILY DINNER.

Turbot

Patties

*Boiled
Turkey*

Sweetbread

*Stewed
Pigeons*

Brocoli

*Stewed
Mush-
rooms*

*Fricassee
Rabbits.*

Turtle Soup

Ducks

*Stewed
Cullery*

*Sea
Kale*

*Hashed
Culfs Head*

*Harvard
Mutton.*

Tongue

*Veal
Mires*

*House
Lamb*

For Second Courses.

Birds, and game of all sorts; shell fish, cold, potted, or pickled; potted birds; ribs of lamb roasted; brawn; vegetables stewed or in sauce; French beans; peas; asparagus and cauliflowers; fricassees; spinach and artichoke bottoms; stewed celery; tarts; either fresh or preserved fruits; pippins stewed; cheesecakes; sweet dishes, as creams, jellies, mince pies, and fine puddings; omelets and macaroni.

For removes of soup and fish, one or two joints of meat are commonly served; and for one small course, some of the articles named in the second may be adopted.

In some families, one dish is sent up at a time with the proper vegetables and sauces, which is a very comfortable practice, for when the table is entirely covered, some things must necessarily prove cold. In other families it is a rule to serve a course of soup or fish, then meat, and boiled fowls, turkey, &c., made dishes follow, and sweet ones last.

When hot suppers are required, the articles may be, game; fowls; rabbits; boiled fish; oysters, stewed or scolloped; French beans; cauliflower or Jerusalem artichokes, in white sauce; brocoli with eggs; stewed spinach with the same; sweatbreads; small birds; mushrooms; potatoes; cutlets; roasted onions; salmagundi; buttered eggs on toast; cold neats' tongues; ham; hunter's beef in slices; rusks buttered with anchovies; grated hung beef and butter; grated cheese round, and butter in the middle of a plate; radishes; custards in glasses with sippets; potted meats; oysters cold or pickled; crabs; lobsters; prawns; crayfish; cheese; cake sliced; pies made of birds or fruit; fruits; and sandwiches intermixed.

The lighter things appear the better, and glasses of jellies here and there will have a neat effect.

In laying out a dessert, attention must be paid to the articles in season, and as every thing else will depend upon taste and fancy, it is obvious that no particular directions can be prescribed. At those times when fruit cannot be had in a great variety, the bill of fare may be extended by a proper selection of confectionary and sweetmeats.

General Arrangement of the Table.

Soup, broth, and fish, should always be set at the head; and if there are none of these, the boiled dish of meat must be placed there, when there are both boiled and roasted. If only one principal dish, it is to be placed at the head. If three, the principal at the head, and the two next opposite to each other near the bottom. If four, the largest at the head, and the next in size at the foot, the two smallest being placed on the sides. If five, let the smallest occupy

the centre, and the other four the opposite. If six, the top and bottom as before, and the two small ones opposite for side dishes. If seven, place three down the middle of the table, and four others opposite each other round the central one. If eight, put four dishes down the middle, and the remaining four, two on each side, at equal distances. If nine, put them in three equal lines, taking care that the proper dishes occupy the top and bottom. If ten, put four down the middle, one at each corner, and one on each side, opposite the vacancy between the two central dishes, or four down the middle, and three on each side, opposite the vacancies. If twelve, place them in three rows of four dishes each, or six along the middle, and three at equal distances on the sides.

Cooks in general neglect to send up articles that have already been dressed, unless ordered, though such additions, properly managed, would do them credit, and prove very agreeable to accidental visitors. Vegetables and sauces are placed on the side table at large dinners, and brought round to the company, according as they are wanted; but where there are not many servants, or the waiter happens to be awkward, inconveniences arise and clothes are spoiled.

Any of the following articles may be served as a relish with the cheese after dinner. Baked or pickled fish done high, as Dutch pickled herring; sandwiches; anchovies; potted char; lampreys; birds; caviare and sippets of toast; salad; radishes; French pie; cold butter; potted cheese; and anchovy toast.

As the annexed plate exhibits the particular order of arrangement to be observed in covering a table, no farther observations need be made with regard to the varieties which the seasons will afford, and taste require to be produced, from day to day throughout the year.

Instead, therefore, of filling up our pages with fanciful and useless descriptions, we shall study the practical benefit of servants, by offering some useful hints in this part of their office.

In the first place, see that the table is properly dusted, then put on the green baize, and afterwards the table cloth, taking care to have the right side upwards, and the middle in the centre. If there are mats for the dishes, put them in their proper places, and if there are napkins, fold them in various ways, neatly, with the bread in or upon each as may be convenient. Next lay the knives and forks at proper distances, the one to the right hand, and the other to the left. Set the carving knives and forks at the top and bottom of the table, outside of the other two, and lying parallel with them. After this, if the salt-cellars are silver, lay a table spoon by the side of each, put the nearest to the carving

knife, with the handle towards it, and the other the contrary way; let the gravy spoons be laid by the side of the carving knife, and in the same direction. If fish and soup, let the fish-slice or knife be at the top, and the soup ladle at the bottom. Put the handle of the former near the end of the carving knife, cross-wise, and the soup ladle the same. Put a table-spoon for each person, beside the knife, with the handle about an inch from the edge of the table. In the next place, put on the water bottles and glasses, and let a wine-glass stand at the right hand of each person. If there are coolers for the wine glasses, fill them about two-thirds with clean water, and turn up each glass. If the wine decanters are put on the table, there should be one near each corner, and two water bottles in the centre of the flanks. Place a small rummer or two near each of the water bottles.

When the dinner is by candle-light, place the candles in the middle of the tables; but if there are branches, the salver or epergne is to be put in the middle, and one of the branches between that and the top and bottom dish. It is seldom, however, that an epergne is put on for a small party, particularly where there is but one servant.

If there are many changes, it will be proper to have six large plates for each person, with pudding and cheese plates besides, together with as many knives and forks, three wine glasses, and two rummers, it being better to have more than is wanted, than to be put to any inconvenience.

The sideboard should be first set out with perfect order and elegance, having the glasses that are to go on with the wine and dessert, as well as those which are to be used at dinner. As the latter will be first wanted, they should be placed in front, and the beer glasses and rummers on one side of them. In the space between the glasses should be placed the water jug, the cruet stand, sugar dish for the dessert; the decanter stands with the wine, the small waiters, and the finger glasses. The beer, spring water, or other beverages used at dinner, should be placed in a tray or cellaret, underneath the board, with a knife cloth, and plate basket to receive the dirty plates, and a box for the fouled knives, forks, and spoons, in separate divisions.

Besides the sideboard, there is, or should be, a side table opposite, and in a line with the other, on which the cold plates, cheese plates, and dessert plates are put, also the salad, vegetables, and cold meat, with the knives and forks, doileys, and other appendages.

In serving the dinner, let the plates be quite hot, and perfectly free from dust. Place the top and bottom dishes at regular distances from the ends of the table; but if this be small, put them in the centre, and the corner dishes on a

line up the sides, taking care that those on the one side correspond with those opposite.

Let the heads of fish, and those of hares, rabbits, and pigs, be turned to the carver, and the skewer of an aitch bone of beef towards his left hand; the thin part of a quarter of lamb must be put from the carver, towards the centre of the table, the neck end facing the carver on his left hand; the same direction must be observed in a leg and shoulder of mutton, and a haunch of venison, the shanks being put towards the left hand; hams in general, though there are different ways of carving them, should be placed in the same manner. Turkeys, geese, ducks, fowls, pheasants, wood cocks, partridges, and any kind of game, are served with the heads towards the right hand, for the convenience of carving. Some persons indeed prefer having the head of the turkey, goose, or duck, towards the left hand, for the greater ease of getting at the stuffing. The sirloin of beef should have the bony end to the left hand, and the same rule is to be observed for the rump end of the saddle or chine of mutton. Those dishes which have a place for the reception of the gravy should be laid so as to present that end to the right hand of the carver.

In removing the first course, carry to the table a knife tray, with a clean cloth in it, and take all the knives, forks, and spoons, beginning at the bottom, and going from the left hand of the dish regularly round, clearing the sides as you go up and down; then put down the tray, and proceed to remove the dishes in the same manner, putting them into a large tray, which must be emptied as quick as possible for the second course.

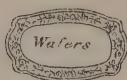
When all the fresh dishes are sent up, put them on in the same order as the first, taking care to observe the proper places and distances.

The second course being removed as the former, place the cheese, butter, and salad in due order, the cheese at the top or bottom, the butter in the middle, and the salad and cucumber on each side.

When the cheese is done with, take all the things off, and with a crumb brush, or large spoon, clear the fragments of bread into a tray; then put round the finger glasses, one to each person. While these last are using, get the dessert ready, and make such other preparations as may be necessary. As soon as the company have done, remove the glasses, after which, take off the table cloth, and next the green one.

In putting on the dessert, observe the same general rules as in the ordinary courses, and when the articles are all placed, set the sugar basin and water jug between the top and bottom dishes, next place the best rummers between the two

DESSERT FOR WINTER



DESSERT FOR SUMMER



side dishes and middle one, two on each; then put the decanters at the bottom of the table, next to the gentlemen, or, if only ladies, at the top. Lay four table-spoons to serve the dessert with, and a knife for the cake; next put on the dessert plates, with the doyleys, and two wine glasses to each person.

SUPPER.

The table cloth may in general be laid before the supper comes, unless served in the sitting room, where tea has been made. In covering the table, the same order should be observed as for dinner. Glass coolers, finger glasses, or napkins, however, are rarely required for supper parties. Proper decanters or jugs, with spring water in them, are to be set on the table, with two or three glasses to each, for the company to help themselves. If it is a cold supper, plates may be put round all at once, but if there are hot dishes, warm ones will of course be necessary. As there are seldom any removes at a supper, few things will be wanted except a supply of rummers, and other glasses. The decanters of wine are generally placed on the table, and the dishes of meat as well as fruit should be garnished with leaves and flowers.

GENERAL OBSERVATIONS ON DOMESTIC ECONOMY.

So much of personal comfort and happiness depends upon regularity, and a due attention to economy of time and expenditure, that an habitual attention to order, even in the minutest concerns of domestic management, becomes an essential duty in every person who has the care of a family, whether as a superior or a servant. A great portion of the disquietudes and complaints which are commonly to be met with in our social connexions, may very fairly be ascribed to want of system, the neglect of frugality, and an ignorance of those branches of simple and practical knowledge, the application of which is required every hour, in some respect or other, for the pleasure and enjoyment of human life.

The head of a family, therefore, ought ever to bear in mind, that the government of a household is not to be left to chance, the caprice of inferiors, or the urgency of a moment; for where that is the case, a thousand evils will daily arise to embarrass the domestics, as well as to injure their employers. Improvident masters and mistresses, who are above looking into the minutiae of their private affairs, or to watch over the deportment of those who depend upon them, have little or no right to complain when order is violated, and

things run to waste. For the losses which they sustain, and the mortifications they occasionally endure, and even the provoking insults to which they are in consequence frequently exposed, they have no one to blame but themselves; since by laying down a fixed standard for their own conduct, as well as for that of their servants, they would infallibly escape these vexations, and, instead of suffering daily injury and perturbation, experience the constant satisfaction of seeing their circumstances improving, and their enjoyments increasing.

But while many create themselves trouble by not paying a proper attention to what they deem their trivial concerns, there are others, on the contrary, of such an inquisitive, restless, and petulant disposition, that they are perpetually seeking occasions to find fault with all around them, and when real offences or errors are not to be found, they will form imaginary ones, and inveigh bitterly against their domestics for neglecting what was never needed or enjoined. Too many again expect punctuality, despatch, and even elegance, from their servants, without either observing any order themselves, giving timely direction, or allowing adequate means for the performance of those things which are required. There is a false economy also, which in the end proves alike injurious to superiors and their dependants. If good wages, for instance, are not allowed to a servant, it is unreasonable and unjust to look for the sacrifice of those years which constitute the sole estate of persons in that condition of life.

There are again some masters and mistresses who would fain affect to cut a handsome figure, and yet are extremely thrifty, begrudging those necessities, without which it is utterly impossible for any servant, however skilful and excellent, to execute in a proper manner the articles that are demanded. Thus in all families it is expected, and properly so, that every domestic should make a clean and decent appearance, and yet many employers will not allow their servants a sufficiency to enable them to do credit to themselves and those with whom they live. Again, it is required of the cook, that she should send every dish to table in the best taste, although she is unfurnished with the ingredients indispensably requisite for the purpose. Where persons act upon these narrow principles, it would be preposterous to look for good servants, since those who are really qualified will not continue and others who are desirous of improvement, and of giving satisfaction, will seek better situations elsewhere.

To avoid the inconveniences which result from such improvidence on the one hand, and unprofitable niggardliness on the other, every mistress of a family ought to be convinced that every thing depends on her vigilance and studious care in the superintendence of her household

Nothing can be said to be trifling in such a case, for the watchful eye and intelligent judgment of a superior can alone restrain servants within proper limits, and inspire them with confidence to discharge their duty in a proper manner.

Servants should always have their wages paid at stated periods, that they may provide themselves with those articles of which they may stand in need, and thus they will also become more and more attached to their employers, from a sense of gratitude, when they perceive that their interests and comforts are duly appreciated.

Persons who enjoy the means should also pay ready money for every article they make use of in housekeeping, the advantage of which they will quickly experience, both in regard to their income, and the goodness of what they purchase; for tradesmen know how to value such customers, and will always be sure to supply them with the best commodities. They are also willing to sell their goods cheaper for ready money than on credit; and therefore, by this mode of management, a considerable saving will be made in the course of a year. It is also advisable for persons never to change their tradesmen without some real complaint, because, after dealing some time with a respectable shopkeeper, he will so regard his customers as to obey their orders with the most scrupulous attention, and invariably select for them the primest articles in his possession.

A lady of limited property would do well to purchase all articles herself, by which means she will make one pound go as far as many unthrifty persons would double the sum. One advantage arising from this practice is, that servants in such a case cannot be guilty of fraud, nor tradespeople of imposition.

Upon the same principle, wastefulness of every description should be cautiously avoided, and rigorously interdicted; for nothing can be more injurious, and even sinful, than to throw away wilfully what may be rendered beneficial to our fellow-creatures.

It is necessary that a lady diligent in her household affairs, should be correctly informed of the prices and quality of all the articles in common use, and of the best seasons, as well as places, for the purchase of them. She should also be well acquainted with the comparative prices of provisions, in order that she may be able to substitute those that are most reasonable, when they will answer the purpose as well as others of a more costly kind.

A preposterous idea of economy leads many persons to purchase, as bargains, what they do not want, and what, it may be, they will never have occasion to use. Now this false notion of saving is in reality extravagance, since the money

so thrown away upon superfluities, merely because they are cheap, might be applied to many essential objects. Some traders know how to impose upon these hunters after bargains, by persuading them that particular articles are about to advance in price, and then getting their credulous customers to take a quantity off their hands in time. Some things, however, are better for keeping, and therefore, a prudent person who has the means, will do well to lay in a proper supply when the price is moderate. In such cases, it is a commendable practice for the mistress of the family to keep the charge of the storeroom, and to deliver out, weekly or monthly, such things as may be necessary for the household. The general expense will also be considerably reduced, and much trouble avoided, by keeping every article distinct in its proper place, so that it may be obtained immediately when wanted; and a due supply provided according as the stock decreases. In all purchases, whether on credit or where the money is paid immediately, a bill of parcels and receipt should be taken, and the goods examined on delivery. Thus the butcher should be required to send the precise weight together with the meat, and the cook, on filing these checks, ought to be prepared to ascertain, by scales or a steelyard, whether the account is correct, which will prevent mistakes, suspicions, and ultimate disputes.

In like manner the baker should give a ticket with the bread which he delivers, for this is a more certain preventative of errors than tallies, which may be altered by collusion with servants. Those persons who purchase their beer of a brewer, and such other articles as are not paid for weekly or on delivery, ought to keep a separate book for the entry of the dates, which will both be a security against overcharge, and shew, at the end of the year, what quantity has been consumed in the family. It will also be advisable to take an inventory of furniture, linen, plate, and china, comparing the same with the things themselves, once or twice a year. Tickets of parchment, with the family name numbered, should be attached to those beds which are specified in them. And as knives, forks, brushes, linen, and house-cloths are often deficient, it will be well to make it a fixed rule for the broken or wornout articles to be produced in their actual state before others are supplied.

Having thus spoken generally on the subject of economical management, it may be useful to descend to some particulars of common utility.

Sugar is an article of considerable moment in every family, and therefore, the quality rather than the price ought to engage minute attention. It is a mistaken idea that the cheapest is best; for that which is of a coarse and loose

nature is deficient in sweetness, and of course will not go so far as that which is of a fine grain and close texture. The white should be chosen for its clearness and firmness, and the best brown for its bright and gravelly appearance. East India sugar, though it looks finer, is far from being so strong as that imported from the West Indies, especially Jamaica. To pulverize white sugar, the best way is to roll it with a bottle or some heavy article, and then sifting it till fine. All sugars and sweetmeats require to be kept in a perfectly dry and cool place.—Candles should be purchased when the weather is cold, as those made in summer will be apt to run. They ought also to be deposited in a cool and dry, but not damp situation, otherwise they will become mouldy and disagreeable. By attending to this rule, you may lay in, and keep a good store of candles for two years.—Paper also improves by keeping, and therefore an advantage will be gained by laying in a proper quantity, instead of buying it by the quire.—Flour should be kept in a dry cool room, and the bag that contains it shifted every week, from top to bottom, to prevent mustiness. As the price of starch depends very much upon that of flour, it will be advisable to lay in a stock when bread is cheap. It will keep good, when covered in a dry warm place, for years.—Vegetables ought to be laid on a stone floor till wanted, in which case they will retain more freshness than by being placed on shelves, or exposed to the air.—Dried meats, hams, tongues, brawn, and sausages, will spoil if placed in a moist or mouldy apartment.—All kinds of seeds for puddings should be kept close covered, to preserve them from insects.—Bread should be kept in earthen pans with covers, and ought not to be cut until it is a day old at least.—The straw on which apples or pears are laid for keeping, ought to be perfectly dry, otherwise the fruit will become musty and rotten. It is best, however, to suspend large pears to the ceiling by the stalks, and the same rule applies to onions.—In using lemons and oranges for juice, pare some of them first, to preserve the peel dry; and having cut others in halves, and extracted the pulp, keep the outsides for grating. When these fruits are reasonable, it will be prudent to purchase a sufficient quantity for keeping, especially by persons who live in the country.—When the whites of eggs are used for jellies or other purposes, it will be good to make puddings or custards at the same time, for the sake of the yolks, which would otherwise, perhaps, be thrown away. If not wanted for some hours, beat them up with a little warm water, and set them by in a cool place. The whites of eggs were formerly thought to render cakes and puddings heavy; but this is a mistake, for if thoroughly beaten, they will make them light and pleasant.

The best method of scalding fruits for vinegar, is in a stone jar on a hot iron hearth, or by putting the vessel into a saucepan of boiling water.

To cool liquors in hot weather, dip a cloth in water, and wrap it round the bottle two or three times, then place it in the sun, renewing the process twice or thrice as may be needful.—Take care that coffee, chocolate, jelly, or gruel, does not boil over, otherwise the essential virtue will be lost.

In regard to the important article of coals, it will be prudent to deal with a trader of reputation, and to lay in an adequate supply before the setting in of cold weather. The cook should be instructed to be careful of both coals and cinders, for the sifting of which last, there is an excellent economical contrivance, consisting of a covered vessel made of tin, which, with wire fenders, and watering pots, ought to be kept painted, otherwise they will rust, and be soon perforated with holes. Observe, that small coal wetted makes the strongest fire in the back, but it must not be touched till sufficiently caked. Cinders wetted lightly will also give a strong heat, and are preferable to coals for stoves, furnaces, or ovens.

The cook ought to be careful of the jelly bags, strainers, and tapes used in collaring, for if not kept perfectly clean, scalded, and dry, they will give a bad taste to the articles for which they are next employed.

Soap ought to be cut, when brought in, with a wire or twine, into square pieces, and kept out of the air for two or three weeks, since, if dried quickly, it will crack, break, and become less serviceable, besides losing its weight. Put the pieces on a shelf, with a space between them, and let the whole harden gradually. In using soap, it merits notice, that a considerable saving in this article may be effected by softening the water with soda. For this purpose, it should be melted in a jug of water, and some of it poured into the tubs and boiler; adding more as the latter becomes weaker. Another saving may be effected by using the improved soft soap, for though it is somewhat dearer than the hard, it goes much farther. Here also it should be mentioned, that many experienced housewives recommend soaping the linen in warm water, on the night previous to washing, because, as thereby less friction is necessary, the articles of course sustain little injury. It is proper here to caution cooks and other persons against throwing cold water into or upon utensils made of cast iron, for by so doing, the vessels will be cracked and rendered useless.

Further, the utmost care should be taken, as we have already observed, to avoid using boilers, kettles, and saucepans made of copper, when not thoroughly tinned. But as

there are various culinary poisons, a few additional remarks on the subject may be properly inserted in this place. Copper vessels employed in kitchens are so liable to be acted upon by oily and saline particles, that it is to be feared many fatal disorders have been produced thereby, of which, neither the sufferers themselves, nor their medical advisers, have apprehended the cause. A dreadful instance occurred about forty years since, at the Castle inn, on Salt Hill, where several persons were seized with convulsions, nausea, and other violent symptoms of poison, of which some of them died. An investigation took place, of course, but nothing satisfactory was elicited, and the landlady was, in consequence, obliged to leave the house, which continued unoccupied a considerable time. After the lapse of some years, the cook, on her deathbed, confessed that she had sent up to table some sauce which had been standing all night in a copper saucepan, and which she observed, at the time, had a greenish look, but never once suspected its deleterious quality. Fearful that the dreadful consequence of her neglect would bring her into trouble, or at least prevent her from getting employment, she kept the cause a secret till her death.—So pernicious is copper or brass for culinary purposes, that even water, if suffered to stand any time in vessels made of those metals, is in danger of becoming impregnated with verdigris, as may be made apparent by throwing into it a little volatile alkali, which will give it a blue tinge. But vinegar, apple sauce, greens, oil, butter, and nearly every kind of food, will extract the poison in a considerably greater degree. It is commonly supposed, that tinning proves an effectual security against the bad properties of copper; but this a mistake, for the coating is in general so thin, that the verdigris soon penetrates through, and imparts a green appearance to whatever the vessel contains. Kettles made of bell-metal are frequently used for the process of making pickles; but even these are dangerous, though not in the same degree, for this article is compounded of copper, brass, and tin, in which the former metals predominate. Lead is still more easily corroded than copper, particularly by the acids, and this solution is a slow, but certain poison. The glazing of all ordinary pottery ware consists either of lead or the ore pounded. When the glazing is black, it is lead ore mixed with manganese, which is a species of iron ore: and the yellow glazing is lead ore with the addition of pipe clay. All the vessels thus glazed are very porous, and easily penetrated by salts and acids, whence nothing can be more improper for pickles and preserves. A certain test, by which to ascertain whether the vinegar has imbibed the poisonous substance, will be its rapid or sweetish taste, in which case, all the contents of the

jar should be instantly thrown away as deleterious. The same may be said of the Delft ware that is brought from Holland, the glazing of which consists of lead, tin, sand, and alkaline salt, run into a white glass, and laid over vessels made of clay, but extremely soft and porous. The porcelain which comes from China and Japan is of a better description, and may be used without any apprehension of danger. Next to this is glass, to which may be added the hard Staffordshire stone ware, which is impenetrable by acids and salts.

These observations on kitchen utensils, lead us to give a few necessary cautions respecting some plants used in cookery.

Mushrooms have for many ages been regarded as a delicacy, both by rich and poor. Yet those of the best kind are unwholesome, taken in any form, whether as pickle or food, and many instances have occurred of their destructive effects. But what renders the use of these fungi particularly dangerous is, the risk people run of eating a poisonous kind, which when served at table are not easily detected. The edible sort appear like a round button, the upper part and the stalk being very thin, and the inner side of a pale flesh colour.

Hemlock is so much like parsley, that in many instances it has been mistaken for that valuable herb, but it is a deadly poison. The hemlock is an annual plant, common in orchards, and even finds its way into kitchen gardens, whence the greater caution is necessary, to guard against being deceived by its appearance. There are two kinds of hemlock, the common and the lesser, but they are both injurious; the first has a peculiarly fetid smell, a nauseous taste, and the leaves are of a shining green, spotted with blackish purple. The lesser, or fool's parsley, is so called because it more nearly resembles the wholesome herb; the leaves, however, are smooth, and of a glossy dark green. Another plant, of a still more poisonous kind, is the black Henbane, the seeds of which have been known to deprive a person of his reason and the use of his limbs. The leaves have been sometimes used by mistake in broths, and produced terrible effects. It is a plant, however, easily detected, by its woolly appearance and clammy feel.

The common laurel is another plant of a poisonous quality, yet the water distilled from the leaves is frequently mixed with brandy or other spirits to heighten the flavour. The leaves also are too often employed in cookery, under the delusive notion of improving the taste. Several instances of the fatal effects of this plant have occurred; and in the year 1781, Captain Donnellan was executed at Warwick for the murder of his brother-in-law, by administering to him some distilled laurel water.

We shall now subjoin some cautionary, but necessary precepts, respecting the Salubrity of Dwellings, a consideration

as necessary to be attended to as food. To distinguish whether the air of a house is damp, in which case it cannot be wholesome, examine the walls and paper, for if the colour is changed, and a moisture is felt on them, the situation may be regarded as unhealthy. In habitations of this description, the bread in pantries and closets becomes mouldy, lump sugar loses its hardness, iron rusts, brass and copper exhibit a greenish colour, and the wooden furniture will be covered with mould. In all cases, even where the air is good, the windows and doors of sitting and bed rooms ought to be left wide open for some time every day, but not too early in the morning, or late in the evening, nor when the weather is foggy and rainy. It is also dangerous to leave the windows of a bedroom open during the night, especially in the summer, as a sudden chill is apt to check perspiration; but this rule does not apply to parlours and dining rooms, where an opposite practice will be beneficial, except when company are seated at table. In houses surrounded with trees, it is proper not to open the windows till the sun has been up a considerable time, and to shut them before sun-set; and the same directions ought to be observed in hazy weather.

Trees with thick foliage, very near windows, obstruct both light and air, whereby the rooms become damp, and the exhalations in the evening are unwholesome. Plants and flowers on the outside of windows are pleasant and fragrant; but they ought by no means to occupy a place in bed-rooms, nor should any green fruit be kept there, as the odour of both will have a perceptible effect on the air. On the same principle, linen that has been laid aside ought not to remain in the sleeping room, nor should a person sit therein after rising in the morning, as the clothes and feather beds will impart the exhalations that have been imbibed during the night. The vapour of charcoal is peculiarly dangerous, and many cases have occurred, where persons have lost their lives by sleeping in rooms so heated. Lamp oil burnt in rooms is injurious in some degree, and all damp vapours are prejudicial; on which account, wet clothes, umbrellas, and the like, ought not to be kept in sitting, much less in bed rooms. One thing of the utmost importance to be attended to for the preservation of health, the security of domestic comfort, and the attainment of wealth, is the habitual practice of keeping regular hours. Early rising may be considered as the foundation of fortune; and it is a just remark, that the sooner a person makes it his custom to leave his bed, the seldomer he will be confined to it. Breakfast ought never to be later than nine; but as to the hour of dinner, it must be regulated by circumstances, and the avocations of the master of the family. It ought not, however, in any case to exceed five

o'clock, nor should supper be served later than ten. With respect to repose, it is a golden maxim, that "one hour's sleep before twelve, is worth two after." The consequences of such a system of order, will be experienced in a variety of ways, all conducive to mental tranquillity, an invigorated constitution, a lessening of expense, and the improvement of servants, whose manners are generally formed after the example of their superiors.

In conclusion of this didactic and desultory essay, let it be carefully remembered, that *Order* is the basis of *Economy*, and consequently of *Prosperity*.

Every person, therefore, if he wishes to pass through life comfortably, and provide a sufficiency for its close, ought to observe "*Order* in the conduct of his affairs—*Order* in the distribution of his time—*Order* in the management of his income—*Order* in the regulation of his amusements—and *Order* in the choice and arrangements of his society."

For this purpose, he should form an exact estimate of his property, after subtracting all regular outlays and incidental expenses therefrom; taking care to reserve two-fifths, or as much as he can possibly save, of his net income.

Experience has proved, that charges of all kinds seldom fail to exceed the original computation; and that new demands, unforeseen at first, continually occur. Hence, it is the part of prudence, in every head of a household, to adjust his expenditure to such a standard, as may not only provide for deficiencies in his estimate, but also a yearly fund for his rising family, and an annual surplus for unexpected contingencies, heavy losses, burdensome repairs, or distressed relations.

When a person endeavours to make an appearance above his fortune, he gives to the world a sure proof of the weakness of his character, and in the end never fails to incur ridicule instead of admiration.

Disregarding, therefore, the applause of sycophants and fools, let the appointments of the table be equally removed from ostentatious show and penurious parsimony. Let the provision be abundant in quantity, and prime in quality, dressed in the best style, and served in the neatest manner. It is always advisable to provide for one or two guests more than are expected, that there may be no lack in case of an unforeseen visitor. But nothing is more absurd than to load a table with superfluities, which instead of being complimentary to the guests, is in reality an indirect reflection, implying that you are indebted for their company to their love of costly viands. Let it be observed also, that in such cases some dishes must be dressed long before the hour of dinner, and therefore will be spoiled by standing; nor is this all, for it is ten to one that the family, on account of this pro-

fusion at a single entertainment, will be reduced to cold meat and scraps for a week to come. Thus, superfluity and discontent become closely allied; and, to gratify vanity, useless waste is incurred, without affording satisfaction to any one.

In preparing to entertain friends, their taste should be consulted, for it will add but little, if any thing, to the general expense, to provide those things which they are known to like, and in so doing the host commands their respect. In whatever light these hints may be taken, it cannot be said that they are unseasonable, for such is the increasing progress of luxury, and so baneful are its effects, that every individual is bound to exert himself to check and repress it. Instead of endeavouring to surpass his neighbours in splendid and sumptuous entertainments, late hours, and the other inordinate extravagancies of vanity and fashion, if every master of a family would bring to mind, and apply, the Christian principles of temperance and moderation, he would keep down all matters of this nature to the lowest point which the manners of the times, and his own station in life, reasonably allow. With established customs, as far as they are neither morally wrong in themselves, nor flagrantly prejudicial in their effects, it becomes him in some reasonable measure to comply, that he may not needlessly acquire the character of cynical moroseness, absurd affectation, or penurious covetousness, and thus, by losing the esteem and good opinions of others, diminish his power of doing good. Not a moderate and unostentatious conformity to those customs and habits, or a reasonable indulgence in those comforts which are become almost necessary in the eyes of the world, are here reproved—Pride, prodigality, and intemperance only are censured.

MONITORY HINTS AND DIRECTIONS TO SERVANTS.

The first consideration which ought to be impressed upon the minds of those who engage in servitude, is, that their time and abilities are no longer at their own disposal, but belong, as far as conscience is not affected, to their employers. It behoves them, therefore, to improve both, not only for the benefit of their masters, but their own advantage. In attending to this principle, they will see the indispensable necessity of rising early, for the purpose of getting through their daily work without trouble and confusion. He who loses an hour

in the morning, will have to hunt after it all the day, and never be able to recover it. If, then, servants wish to be comfortable in their situation by lessening their own labours, and giving satisfaction to their superiors, they will be careful to perform all their preparatory work before the rest of the family are stirring, and when there is no risk of interruption. By steadily following this rule, domestics will secure the approbation of those whom it is their duty to please, and be enabled to keep themselves clean, and to discharge their succeeding avocations in a regular manner, which is an essential point in every line of business. It is in vain, however, for persons who move in a state of dependency, even to rise early, unless, as soon as they are up, they make it a point to set about the immediate concerns of their place with diligence, and avoid all idle discourse, or concerns of frivolous import.

Another indispensable requisite in a good servant is, the preservation of an even temper, manifested in a cheerful readiness to obey all lawful commands, even though the same should prove somewhat irksome in the execution. Yet this qualification is to be distinguished from that selfish obsequiousness, which has obtained, very justly, the appellation of eye-service, because those who practise it appear extremely industrious when in the presence of their employers, though wasteful, careless, and indolent enough at all other times. Persons of this description have generally more ill propensities than one; for, to support their assumed character, they are frequently under the necessity of inventing falsehoods to cover their offences, in which case they will not scruple to throw the blame upon others who are perfectly innocent. It is possible that such odious arts may for a time deceive the easy and credulous, who never look into their own affairs; but they will assuredly, by creating an unquiet household, and provoking many enemies, be detected at last, to the shame and confusion of the hypocrite and detractor. That servant, then, who is desirous of gaining a permanent reputation, which will carry the bearer creditably and happily through the world, must take truth for a constant guide, both in actions as well as words. Such an one will avoid tale-bearing as a low and pernicious vice, which rarely fails to generate contentions among friends, and is sure in the end to cover the tattler and sycophant with disgrace. There are persons, some from a foolish spirit of curiosity, and others with an evil design, who endeavour to worm out of servants the secrets of their families. The latter, therefore, if they have the least respect for the honour of their masters and mistresses, or regard for their own reputation, will at all times keep a guard upon their ears, and a bridle on their

tongues; receiving reports in cautious silence, and answering impertinent questions in short but civil terms, from which no conclusion can be drawn to serve the object of the inquirer. For a similar reason, the domestic who has a proper sense of duty, will strive to live upon the best terms with his or her associates; knowing, that harmony in the kitchen is an effectual way to give satisfaction in the parlour. Hence, one servant should always be ready to assist another; especially on those occasions when the avocations of a particular department are more heavy and pressing than usual. This conduct will gain good-will and affection to the party that practises it, and at the same time ensure a return of similar kind offices when they are needed

Servants should be particularly scrupulous in forming promiscuous and hasty acquaintances; for hereby many have unwarily proved the means of facilitating the operations of plunderers upon the property of their employers, and though innocent themselves, have fallen under suspicion, and lost their places, without being able, for want of a character, to get another.

As young females are in general most liable to imposition in this respect, especially at their outset in life, they should be careful never to admit any strange women into the house, nor even those of whom they have a slight knowledge. When any one calls, in the absence of the family, and wishes to leave a written communication, the attendant should on no account whatever leave the stranger alone, as numerous depredations have taken place by such intrusive visitants.

When a servant has been so fortunate as to obtain a good place, prudence dictates the wisdom of keeping it, even though another should offer with more tempting allurements. The rolling stone gathers no moss, and those who are never content, but rove from one situation to another, will in the end experience contempt and poverty.

It should also be seriously considered, that service is no inheritance; wherefore, they whose lot it is to be cast into this line of life, ought to be frugal of their little means, and instead of expending their wages in finery, or leaving the same in the hands of their employers, it will be more advisable to place what they have to spare in the saving bank, for many servants have lost the hard earnings of many years, by the failure of their masters.

Above all things, let every person in this dependent state study to be scrupulously honest. Some think it justifiable to take, under the name of presents, bribes from tradesmen, though at the same time they must, or ought to know, that the liberality of these people proceeds from self-interest, and is intended to cover their overcharges. There are servants

again, who, when intrusted to make purchases, consider themselves warranted in putting an advance upon what they actually pay; which is no better than fraud, and, if detection takes place, will at once render the party guilty of it, suspected of worse practices.

Servants acting upon conscientious principles, and desirous of living with a fair reputation, will buy as cheaply for their employers as for themselves; because they are aware, that a confidence is placed in them on account of their judgment and integrity. On the same ground, domestics should be as careful to avoid wasting the property intrusted to them, as if it was their own; and on no account ought they to give away any thing without the knowledge and consent of those to whom they are accountable.

From general advice, which applies to every description of servants, we shall pass to a few particulars, beginning with the *Housekeeper*, whose place being of great trust and importance, ought always to be filled by a person of staid habits, and thorough experience. She should be well versed in every branch of domestic economy, and be able to give precise directions to those under her management. Her temper should be equable, and her deportment regular, knowing how to exercise authority without pride, and to be affable without levity.

The *Lady's-maid* is another domestic of some consequence in a family; but as her services are of a more limited kind, the less need be said upon her qualifications, which should consist in a decent education, a perfect use of the needle, dress-making, and getting up of fine linen, cleaning laces and silks, the art of perfumery and hair-dressing.

The *Chamber-maid* has the care of the bed and dressing rooms, which it is her duty to keep in constant order, and to see that the clothes of her mistress, whether for dress or undress, are laid in their proper places.

The business of the *House-maid* is to keep the rooms and furniture in a proper state, for which purpose she will find it necessary, as observed before, to rise very early in the morning, when her first care should be, to rub the stoves and fire irons with scouring paper, and to clean the hearths, after clearing out the ashes, cleaning the grate, and making the fire, if requisite. The best way to clean the irons, is with a rag dipped in vinegar or stale beer, and some of the finer ashes, then with an oiled cloth, and next with rotten stone or white brick. If the stoves or fenders are of steel, they should be rubbed with oil, next with emery, and lastly with scouring paper. After this, the hearth and chimney-piece should be washed; but if of marble, once or twice a week will in general be sufficient. In the next place, the house-maid should clean the locks, in

doing which it will be best to have a piece of pasteboard of the size of each, with a hole in it large enough to lay over the lock, so as to keep the doors from being soiled. Brass locks should be cleaned with an oiled rag, and white brick or rotten stone, taking care not to let any of these substances clog the key-hole. Lackered locks may be cleaned with leather, or a dry woollen cloth. In sweeping the carpets, a common or whisk broom may be used, after which, they should be folded back while the floor is cleaning, and in doing this, a little damp sand ought to be thrown over the boards, to prevent the dust from settling on the furniture. Previous to this, the window curtains and shutters should be brushed and cleaned inside and out. The dust on pictures, and the frames of mirrors, images, china, and stucco work, should be blown off with a pair of bellows, for fear of accident. In rubbing the wainscot, and cleaning the windows, it is proper to begin with a duster at the top, and go to the bottom. After this, the stairs are to be swept, and the banisters cleaned, together with the tops of the doors. When the family is up, the windows of the sleeping rooms should be opened, and the beds uncovered. In making them, begin with the one first aired, taking off the clothes separately, and laying them on two chairs, without touching the floor. The beds ought to be well shaken every time, and the mattress turned once a week. The bedsteads ought also to be regularly cleaned with the furniture, and a thorough search made after fleas or other vermin. The best way to clean a room, is to rub the boards with a brush and soap, not against the grain, but lengthways. Rub them hard with dry sand, and avoid wetting any part of the room too much at one time, for this only increases the labour, while the floor takes up a longer time in drying. After scouring the boards dry, rub them with a cloth and fine sand, and then sweep them clean. The skirting boards should be rubbed with an oiled flannel, or rather sponge, taking care, however, not to touch the floor with it. Stairs ought to be cleaned in the same manner, beginning at the top, by which means it may be seen whether any dirty part has escaped observation. The hair cloth and carpeting should be swept every day. If the stairs are of stone, they ought to be cleaned with sand and water, but it is best to rub boards with an oiled flannel. To keep them clean, and also tables and floors, strew some handful of fragrant herbs over them, and then rub them with a hard brush. This will give the boards the colour of mahogany, and a refreshing smell. When stone stairs and halls want a thorough cleaning, boil together half a pint each of size and stone-blue water, with two table-spoonsful of whiting, and two pieces of pipe clay, in about two quarts of water. Wash

the stones with a flannel dipped in this, and when dry, rub them with a dry flannel and brush. The best way to keep oil and floor cloths in a good state, is to dry-rub them daily, turning them once a week, and every month rubbing them with milk, after which they should be hung up to dry. To clean a carpet, take it up, and beat it well, then lay it down, and brush it on both sides, after which, scour it with gall and soap and water, till it is perfectly clean, and spread it out, or hang it up to dry. In dusting carpets and floors, sprinkle them with tea leaves, and sweep them carefully, but carpets should not be too often swept with a whisk, as it wears them out fast. About once a week will be sufficient. In cleaning looking-glasses and mirrors, use a soft sponge, well washed, and free from every thing gritty; just wet it in water, and squeeze it out again, after which dip it into any kind of spirit, and rub it over the glass; then dust this with powder blue, or whiting sifted through muslin, and lastly clean it well with a fine cloth or piece of silk. Care must be taken not to touch the frames with the sponge. To clean these, rub them with cotton wool; but if they are varnished, they may be done over with spirit of wine, which will take out the spots. Picture frames and varnished doors may be done in the same manner.

The *Laundry-maid's* place is to look after the linen, and therefore she must be expert in washing, starching, and ironing, as well fine as common articles. She should first examine the several things intrusted to her, one by one, to see whether any want mending; and it will be prudent also to take an exact account of what she receives, to avoid mistakes; for the same reason she should be particular in avoiding to employ strange women, without the approbation of her mistress or housekeeper. She should keep her utensils perfectly clean, and be particularly careful of soap, and other articles, using them with the same frugality as if they were her own. It will also conduce much to her own ease, and the satisfaction of the family, to have the principal part of her work over at an early hour. She should pay a minute attention to the water, which, to be perfectly clean, ought to stand at least two days to settle. Soap just made spoils the linen, and gives it a bad colour, therefore never use any that has been lately purchased, if old remains. Wash fine linen first, and on taking it out, put it by itself in a clean place; then do the coarse; after which, soap the former again, and wash it a second time in water of a higher heat than before. In boiling linen, mix some stone blue with the water, put the articles therein, after soaping them, and let them remain about a quarter of an hour, or longer, according to the condition and quality. Then put the water and linen into the

tub, and let the whole stand till cold enough to bear the hand. When this is the case, wash the linen quite clean, taking care not to leave any soapy matter thereon, otherwise those parts will have a foul appearance. If called upon to wash lace, do it well with soft soap, after which, lay it on a deal board, covered with cloth, and then roll the lace smooth round it. Next lay another piece of cloth over the lace, and put it into a boiler of water till the same is scalding hot; then take it out and shake it, after which, put it into a pan, and pour the water on it. Having done this, rest one end of the board on a dresser, and rub it well with a hard brush, dipping it at the same time into the water, and pressing your hand with the brush, to squeeze out as much wet as you can. Let this operation be repeated, after which put a little blue into some clear water, and boil it well, then make some starch, give the lace a gentle boil, and squeeze it thoroughly. Lastly, hang up the board till the covering is dry, then take off the cloth, put the lace between some sheets of paper, lay thereon a heavy weight all night, and in the morning it will look as good as new. Blond lace, muslins, or gauze, should be washed in three waters, each tolerably heated, and formed into a lather. After this, rinse them in blue water, hang them up to dry, then starch them with stiff starch well blued, and hang them up again. In the next place, put half an ounce of isinglass into three pints of water, and let it boil till reduced to one. Dip the lace therein, squeeze it out, and iron it. Lace always looks best when ironed on one side only, and it should be patted between the hands, for it is too tender to bear hard wringing or pressure. Very fine articles when starched should be thrown into cold pump water, then squeezed, clapped, and ironed. Cambrics ought to be well soaped, and then washed in hot water. Repeat this, then mix some blue and soap together, rub it on the cambric, put it into a tub of boiling water, and let it lie two hours. On taking it out, rinse it in pump water well blued and in ironing, observe to do it constantly all the right way. To wash clear muslins, fold them into four, put them into clean water, strain the water through a fine cloth, then make a lather of some of the best soap you can get, using a small stick in beating it up. Then put in the articles, and wash them separately, after which, let them lie till the dirt is out.

Next wash them in lukewarm water, squeeze them hard, shake them and lay them on a dish. Lastly, make a second lather with hotter but not boiling water. Put a little cold water to some powder blue, pour it into some that is scalding, and stir it well till it is all of a colour. Mix this with the latter, put in the muslins, cover them with a cloth, and let them stand all night. In the morning, wash out the blue, and put

the articles into cold pump water till ready for starching. In doing this, take a cup of powder blue, and mix it with pump water. Shake it till properly mixed, then put to it a cupful more of water, and squeeze the muslins separately through it. If the blue settles upon them, rub them gently in the water with your hands, and if they look yellow, add more blue to bring them to a colour. When rinsed out, squeeze them as dry as you can, and then spread them on a fine dry cloth, to see whether they are perfectly clean. For the next process, put into a saucepan a pint of pump water, with a quarter of a pound of starch, and keep it over a slow fire till lukewarm. Stir it till it boils, then take it off, and after standing a minute, pour it into a dish, and cover it with a plate till cold. Mix a handful of this with half as much blue, then spread the muslin double, and put the starch upon it, but not thick. Lay it first over one side, and next over the other, but without opening the muslin. Starch the finest sort first, and next those which are thicker, because what is laid on the one will afterwards serve for the others. When done, lay them in a dish, and press them till the starch sticks to your hands; then wring it out, and having wiped the muslins, open and rub them gently. In the next place, clap them together, holding them by the ends in your hands till they are hard; but if any wet or starch is left, wash them again, and make them as dry as possible. Pull them both ways to prevent fraying, and when dry, spread them out, and hold them up to the light to see whether they are free from starch, which may be known by its shining. Should any remain, they must be rubbed once more. If none is left, they will, in clapping, separate easily, but this must be done very fast, else they will become soft and lose their colour. Nor should they be clapped singly, but two or three together, to avoid accidental rents. In ironing, use for the finer muslins a plain woollen cloth that is very soft and perfectly clean, but the coarser sorts may be done in the ordinary way.

To make starch, take just enough for the things that require it, moisten it with water, and then mix a little powder blue with it, after which, put into a copper saucepan, about half a pint of water, and stir it well. Next boil near a quart of water, and put the starch and blue thereto. Let the whole boil about a quarter of an hour, keeping it stirred all the time. Those articles that require most stiffening should be dipped first into the starch. Some add alum or gum-arabic to the starch, but isinglass is better, in the proportion of an ounce to a pound.

Thread and cotton stockings must be boiled in two waters and well blued, after which they should be washed out and

folded up without rinsing, pressed under a weight for half an hour, and dried. Silk stockings should not be laid to soak before washing, which must be done in two lathers, the last being well blued. They ought not to be rinsed, but turned frequently, and then pressed. Silk handkerchiefs should be treated in a similar manner. Worsted stockings should be washed in two lathers, then rinsed well, and dried thoroughly.—When each article of linen is washed, throw it into clean pump water, mixed with stone blue, then rinse it clean, and having wrung it, hang it up to dry, separating the one from the other at some distance, especially the fine from the coarse. As soon as they are dry, fold them carefully till they are to be ironed. If flat irons are to be used, rub them first smooth on a mat or cloth, and next with a flannel, but take care that they are sufficiently heated, otherwise the linen will not look well. Previous to the ironing, sprinkle a few drops of water on the linen, but coarse articles require more wetting than finer ones.

The duties of the *Cook* have already been so amply detailed, that no specific directions are necessary in this place. She should be clean in her dress, temperate in her habits, and frugal of those things with which she is intrusted. As so much depends upon her skill and arrangement, she never ought to allow any person to intermeddle with her proper business, in matters that require much experience and close attention, for it is the cook alone that will have to bear the blame of whatever is ill dressed; and the plea that the fault was owing to the ignorance or carelessness of another, will be considered, and perhaps justly, as an aggravation of the offence. The kitchen is the province of the cook, and therefore it must be looked after with constant watchfulness, to see that nothing is wanting or out of order, and that all the dressers and utensils are kept clean, and in good condition by the scullery maid, or whoever has the more menial offices to perform. The servant that has this duty must daily scour the kitchen and pantry floors and furniture, taking especial care to see that the boilers, coppers, and brass vessels are free from all impurity. In cleaning knives and forks, the best way is to cover the board with leather, and to lay thereon some hot melted mutton suet, spreading the same perfectly smooth. Then rub two pieces of soft brick together, till the leather is perfectly covered with the dust, which must be so incorporated, that no grease may come out on passing a knife over it. But if you have only a plain board, it will be sufficient to rub the brick thereon two or three times, for if there is too much dust, it will scratch the blades, and dull the edges. Two knives may be cleaned at the same time by holding one in each hand back to back, laying the

blades flat on the board, and moving them quickly, but without pressing them hard, till they are quite polished. Care is also to be observed not to dull or notch the edge, especially of carving knives, which must be kept as keen as possible. Therefore, it will be advisable to lay a piece of old hat or leather on that part of the board where the backs of the knives and forks are cleaned. When you have done one side of a pair of knives, change them, by taking that which was before in the right hand into the left, but still keeping them back to back. After they are cleaned, wipe the blades with a dry cloth, and the handles with a damp one, always minding to turn the back towards the palm of the hand, to prevent an accidental cut. If there is any silver about the handles, that part must be rubbed with leather and plate powder, at the same time keeping the blades covered, that they may not be soiled. If the handles are fluted, a small brush will be necessary. An easy way to clean steel forks, is to fill a small tub or any other vessel with fine gravel, brickdust, or sand, mixed with some moss or hay, press this down tight, and let it be moderately damp; then run therein the prongs of the forks a few times, and all the spots will be cleared. In the next place brush off the dust, then take a small stick wound round with leather, and polish the forks between the prongs, after which wipe them carefully. Much trouble will be saved to servants by wiping knives and forks immediately after they come from the table, because the longer they are left with grease and stains, the harder it will be to clean them, especially those which have been used in acidulated substances, as tarts and salads. These, therefore, as soon as they are brought into the kitchen should be dipped in hot water and wiped dry. To keep knives and forks in good condition when out of use, rub the steel part with an oiled flannel, and after a few hours wipe them clean. Another way, though not so good, is to dust the blades and prongs over with quick-lime finely powdered, and put into a piece of muslin. Some, however, prefer covering them with mutton suet, which is better than oil, unless the latter can be obtained unadulterated. Bran also is employed by many for the same purpose; but this is a very objectionable article, as being apt to become damp, in which case the knives and forks will contract rust.

In cleaning plate, the first thing is, to free it from grease by immersing it in boiling water, and then, if it is embossed, fluted, or ornamented, to brush it well. For this last use, you must have brushes of different sizes. Your leathers for polishing must be thick, and the sponges perfectly free from gravel or sand. Whiting, properly purified from gritty particles, applied wet, and rubbed till dry, is best for cleaning

plate; but if the article is first boiled in three pints of water, with an ounce of powdered calcined hartshorn, and then drained and dried, it will look brighter. Soft rags should be put into the water with the plate, for the purpose of cleaning it more effectually. If the plate is much stained, put it into soap lees for about four hours, then lay over it a mixture of whiting and vinegar, and let it dry by a fire, after which rub off the composition, and polish the plate with dry bran. Another way to clean plate, is, to crumble four balls of whiting, mix the same with a little spirits of wine, camphor, hartshorn, and turpentine, to which may be added half an ounce of quicksilver previously killed with the turpentine. When all the ingredients are thoroughly blended, put it by for use. Rub a little of this on the plate with the soft leather, and the stains will disappear. The longer plate is rubbed, the better it will look, but when done enough, the powder must be cleared from the crevices, and from between the prongs of forks, with a small brush or fine stick. Plated articles should be cleaned with soft brushes, and never with any thing but plate powder, for if rubbed too much, the silver will come off. Spirits of wine, however, may be used to take out stains, and an oiled rag for polishing. In cleaning candlesticks, either silver or plated, care must be observed to avoid scratching them. To clear off the wax or grease, the best way is to put them into boiling water, and then wipe them with a cloth. Japanned bed-room candlesticks may be easily cleaned, by pouring hot water upon them to melt the grease, and then wiping them with a cloth and some flour. Patent snuffers ought to be cleaned gently, as the spring is tender and quickly broken. Tea and coffee urns, that are not of silver, should be emptied and wiped as soon as they come from table, after which cover them with green baize, or a dry cloth, to keep off flies and dirt. In general they may be cleaned the same way as japanned candlesticks. Or, take an ounce of crocus powder, and half as much of rotten stone, pound them well together, and rub the urn therewith as directed for plate. Japanned or paper tea-trays should be cleaned with a sponge dipped in water moderately heated; and if very dirty, a little soap may be added. Silver tea-pots should be wiped, perfectly cleared of the leaves, and the lid left some time open after being used, otherwise they will get musty. If the spout gets furred, it may be cleaned by moving gently up and down a small wire or piece of whalebone. Articles made of block tin and patent pewter are cleaned by rubbing the outsides first with an oiled rag, and then with dry whiting, but the inner part with wet whiting only. By constantly wiping them when they come from table, less labour will be required, and they will last longer.

Wine glasses, rummers, and every thing of that brittle kind, used at table, should be washed in a wooden bowl or tub, as in an earthen pan they are liable to be broken. If any glutinous matter adheres to them, rub it off with a stick, then wash them with hot water, and afterwards dip them in cold, otherwise they will not have a clear look. Let them drain about ten minutes before they are wiped, which should be done with two cloths, the one to take off the wet, and the other to finish them. Decanters require great care, and should be washed with lukewarm water, to prevent cracking. To clean them of sediment, put in a little soap and water, and rub it well about with a sponge fastened at the end of a small cane. If the crust at the bottom is very hard, it may be removed by putting in some pearl ash and water. To prevent the stoppers from sticking, wrap round them some thin paper; but if the decanter contains any wine, the best way is to cork it till emptied and cleaned. To loosen the stoppers, when so tight as to endanger breaking, put a little sweet oil all round the mouth of the bottle, and put it near the fire. As soon as the decanter is a little warm, take a stick with a cloth wrapped round it, and strike the stopper repeatedly, first on one side and then on the other. This will in most cases have the effect; but if not, immerse the decanter all over in hot water, and let it remain there some time. On taking it up, knock the stopper as before directed, and it will be removed easily.

To clean and polish mahogany tables and other furniture, after dusting them, dip a sponge in old beer, wash the wood all over, and then rub it as quickly as possible with a cloth, taking care in the first place, if there are any stains, to remove them with salt of lemons. When these are got out, lay on some of the following composition:—Of bees' wax two ounces, scraped fine and put into a jar, with spirits of turpentine enough to cover it; but if the furniture is dark, add some rose pink or alkanet root to the mixture. Lay a little of this on the table, and rub it in thoroughly with a flannel, after which polish it with another piece of woollen. Or, instead of the above composition, you may use the following. Take a pint of cold-drawn linseed oil, mix with it a little alkanet root or rose pink, and use this as in the preceding direction. If the furniture is to be varnished, melt one part of virgin white wax in eight parts of the oil of petroleum, lay a little of the mixture warm upon the wood, and polish it with a coarse woollen cloth. The brass handles or ornaments upon furniture should be cleaned first with a soaped flannel, and then rubbed with a leather and brick-dust. When oil is used in cleaning tables, it ought not to be suffered to remain long, nor should much of it be put on at a time.

Lamps in halls and staircases should be always kept clean, and the glasses bright, for which reason the oil ought not to stand long in them. The best way to clean them is with hot water and pearl ash well shaken, and if any thick matter adheres to them, to scrape it off with a knife, after which wipe them dry with a clean cloth. The holes in the brass of common lamps should be kept open, by picking them with a wire, otherwise a disagreeable smoke will be produced, and they will not give a good light. If a servant is not accustomed to the management of lamps, the best way is to obtain proper instructions where they are sold.

PRECEPTS FOR HEALTH.

Exercise.

ONE of the first things to be attended to for the preservation of a good constitution, or the strengthening of a weakly frame, is the necessity of habitual exercise. Man was intended for action, and without it, his mind becomes feeble and his body diseased. In a state of indolence, digestion is imperfect, nourishment proves defective, the secretions proceed slowly, and perspiration, on which so much depends for the support of the system, is checked. Hence, weakness of the nerves, and obstruction of the glands, produce fearful consequences, in a long train of accumulating and incurable ailments. From what has been thus briefly stated, the beneficial effects of exercise will be sufficiently apparent, and therefore, every one who has any wish to avoid the evils which render life a burden, will make it a rule to keep his corporeal functions in a regular employment, according to the uses for which nature designed them.

Exercise may be considered under two divisions, the active and the passive. Of the former kind is walking, running, riding, swimming, &c. Of the latter, are riding in a carriage, sailing, swinging, friction, &c. The more active kinds are best adapted to young and middle-aged persons, especially those who are inclined to corpulency, or in whom the evacuations are not proportioned to the quantity of food which they take. The passive kind, on the contrary, are better suited to children, consumptive and asthmatic persons, and those who are far advanced in years. Exercise in general is hurtful immediately after meals, particularly to persons of nervous and irritable constitutions, which truth, nature itself teaches the inferior animals, all of whom indulge themselves in rest

after their food. At all events, fatiguing exercise after a hearty meal should be delayed till digestion is performed, which process commonly requires three or four hours. For the preservation of health, no kind of exercise is equal to walking, as it gives the most general action to the muscles; but for valetudinarians, and persons who have weak bowels, riding is preferable. Dancing, with proper limitations, is a salutary exercise, but when violent and long continued, in a crowded room, it is extremely pernicious, and has hurried many young persons to the grave.

Of the passive kinds of exercise, sailing is the most efficacious, especially to consumptive patients, if had recourst to at an early period of the disease. Reading aloud has been much recommended by the ancient physicians, for the exercise of the lungs; and on the same principle, singing is beneficial when indulged in moderation. Hence we find that most artificers who are employed in laborious works, acquire cheerfulness and vigour by singing. One of the most useful kinds of exercise is friction of the body, either by the naked hand, a piece of flannel, or the flesh brush. The whole person may be subjected to this operation, but chiefly the spine, arms, legs, chest, and abdomen. In rheumatism, gout, palsy, and complaints produced by indigestion, it is an excellent remedy, especially in the morning, to invigorate the system, and cleanse the skin of all impurities. Standing, though useful as a change after long sitting or lying, is apt, by an accumulation of the fluids to the extremities, to produce swelling and fatigue. The common way of sitting in a stooping posture on the other hand is very injurious, by checking circulation, and compressing the intestines. These effects may be prevented by high tables and desks, with stools and chairs of a proportionate elevation.

Cleanliness.

Of all the natural evacuations, that of insensible perspiration is the most important, and thereon the health of man chiefly depends; but this cannot long be maintained without a regular attention to cleanliness. As those parts of our apparel which are immediately next the skin, become impregnated with the vapours that exhale through the pores, they will of course, if not frequently changed, prove extremely hurtful, by obstructing the discharge of the fluids thrown out by nature, and by acting as a putrid fomentation to the body. Personal cleanliness, besides being a necessary virtue, is a source of pleasure. Thus, after washing our feet, we feel considerably refreshed, and the same sensation would, no doubt, be equally experienced, if the ablution of the whole body were practised among us, as it universally is in the East. Bathing, or washing with cold water, would not only

clear the skin from impurities, but strengthen the whole system. And of this we could adduce an instance in a venerable prelate, now approximating to his hundredth year, who has preserved a hale constitution to this extraordinary age, by using the cold bath every day throughout the year. Those persons who have an aversion to cold water, or for whom the use of it might be unsafe at first, should wash themselves regularly in that which is tepid or lukewarm. In either case the most salutary effects will be produced on the absorbent vessels, and therefore, to weak constitutions bathing is of essential importance, in assisting the efforts of nature to expel superfluous humours. Many fancy that the warm bath weakens the body; but on the contrary, when heated from 89 to 96 degrees, it has a cooling and refreshing effect, as is evident from its diminishing the quickness of the pulse. Hence, tepid bathing is very beneficial after fatigue from labour, travelling, or any other violent exercise, and it is no less so as a relief from mental exertion, and irritation of the mind. Bathing in rivers, as well as in the sea, is also serviceable in cleaning the body, opening the cutaneous vessels for a due perspiration, and increasing the circulation of the blood. Precaution, however, is necessary in both kinds, for on entering the warm bath, some persons feel a difficulty in breathing, and therefore it will be prudent to avoid rushing in precipitately, lest the internal blood-vessels be endangered. Care should also be taken not to go into the cold bath when the body is overheated, for fear of inducing an apoplexy. Yet the vulgar notion, that not to enter the water unless a person is perfectly cool, is erroneous, and if acted upon would render bathing wholly ineffectual. In truth, this kind of ablution is never so advantageous as when the body has been previously warmed by exercise.

Cold bathing, when applied to the whole body, ought to be of short duration, for the efficacy depends upon the sudden impression of the cold upon the skin and nerves. The head should always be first wetted, by pouring water upon it, and then immersed suddenly in the bath. The forenoon is the most proper time for cold bathing, but the tepid may be adopted at any hour. After immersion, the whole body should be rubbed dry as quickly as possible, with a coarse cloth. There are cases, however, in which cold bathing ought not to be used, as in a general plethora, or fulness of habit, hæmorrhages, or discharges of blood, and every kind of inflammation, also in constipations, or obstructions of the intestines, diseases of the chest, difficulty of breathing, and hectic coughs, in an acrimonious or sharp state of the fluids, bad colour of the face, the scurvy, cutaneous diseases, fits of the gout, and a state of pregnancy.

Nex to bathing in the sea or spring water the snow bath will be found peculiarly eligible, for which purpose there is a useful apparatus sold in tin shops. Where, however, such is not attainable, an easy substitute may be thus obtained. Fill a watering pot with cold water, set the patient on a low stool in a large tub, and let the hair, if not cut short, be spread over the shoulders, then pour the water over the head, face, neck, and all parts of the body, down to the feet, till the whole frame has been thoroughly washed. Then, after rubbing every part dry, let a little exercise be taken till the sensation of cold is succeeded by a moderate glow all over. At first this kind of bath may be used gently, and with water moderately warmed, so as not to make the shock too great, and when the patient has become accustomed to it, the degree of cold may be increased, and the water poured on more copiously, and from a greater height. In case of necessity, a large sponge may be used instead of a watering pot.

Clothing.

Particular attention to dress is not necessary in hot and dry climates; but where the temperature is variable, as in the British islands, it is indispensably requisite to adapt the clothing to the season. That which is proper for summer in these northern latitudes, is neither calculated to resist the inclemency of winter, nor even those sudden changes in the atmosphere which often occur at all times of the year. One of the primary considerations respecting dress, is the quality of what is worn next the skin. In most parts of Europe linen is commonly used for this purpose, as, by diminishing the external elasticity, it increases the inward warmth. But on the other hand, by its compactness it is apt to retain the perspired matter, so that shirts worn for some days are liable to exhale a sensation of coolness, indicating an obstructed circulation. Silk attracts less humidity than linen, and is, therefore, still more objectionable. Wool, however, by the gentle friction and moderate heat which it excites, promotes perspiration, and absorbs the matter thrown out from the skin, without clogging the pores. Cotton, which is an intermediate substance between linen and woollen, increases warmth and perspiration; but having the property of retaining the discharged humours, is too apt to throw the same back again into the system, and thereby hurting the animal fluids. From this brief view of the three common articles used in dress, it must be obvious that wool has by far the advantage over the others. Flannel by its gentle stimulus keeps the pores in a state the most favourable to perspiration, which is not the case with linen, especially when soiled.

But the different effects of the two are particularly perceptible during active exercise. When the body is covered with the former, though perspiration is increased, the matter thrown out passes through the flannel into the air, leaving the skin dry and warm. If, under the same circumstances, linen is worn, the excited perspiration, instead of being dispersed, remains, and causes a disagreeable sensation. Flannel has yet another advantage, for as it does not retain the humours discharged from the skin, people who perspire profusely in such clothing, will not easily catch cold on going into the open air. But this is not the case with linen shirts, which by retaining the perspired matter, will produce chillness, followed by a degree of fever that may be attended with fatal consequences. Flannel when first used is apt to cause an uneasy feeling, but this soon goes off, and that which was a little troublesome, becomes at length comfortable and even pleasant. Flannel has also the additional advantage of being suitable to all seasons, and of compensating a deficiency of upper dress. Extraordinary effects have even been experienced from wearing it in a variety of cases, particularly those of gout, rheumatism, and obstinate coughs approaching to consumption.

Cotton and thread stockings are far from conducing to health, for when filled with perspirable matter, they will not admit any more to pass through them. The same objection lies against silk stockings, unless worn over thin ones of worsted, which are on all accounts the best, especially as they may be varied in thickness, according to the season.

But whatever be the form or substance of our clothes, all tight bandages, and every thing that impedes a free circulation, should be avoided. Fashion has introduced too many of these restraints upon the freedom of nature, and none more abominable than the stiff whalebone stays of females, which, under the delusive notion of giving a fine shape, produce deformity and disease.

Another matter of importance in the article of clothing, is the necessity of keeping the feet warm, without which the blood accumulates towards the head, and a sensation of coldness is felt over the whole body, extremely prejudicial to perspiration. The covering of the head should be very light, as well for men as for women, and if children were accustomed to go without any in the open air, the practice would very much invigorate their constitutions, and render them in after life less susceptible of cold. No one, however, should go uncovered in sunshine, as the consequence might be an inflammation of the brain. Black hats, though generally worn, are not so good a defence against the power of the solar heat as those of any other colour.

Diet.

On the quantity and quality of food, health and life are greatly dependent. In regulating the former, no fixed rule can be laid down, because different circumstances of age and condition will call for various degrees of indulgence. But in this, as in all other things, mediocrity should be observed, and though, in general, nature teaches every creature when it has enough, reason goes farther, and instructs man to keep on the side of restraint, rather than to indulge in satiety. The quality of food depends in a great measure on accident or art. Thus, provisions may be rendered unwholesome by being damaged in bad seasons, but it is to be feared they are oftener made unfit for human use by the fraudulent tricks of unprincipled dealers. It may be safely assumed as a fact, that no animal can be wholesome which is debarred of exercise and fresh air. Such, however, is the case with our over-fattened cattle, which, to increase the gains of the grazier and butcher, are gorged with gross and unnatural food. The same may be said of poultry when cooped up in cages, and crammed to make them appear large and fat, in proportion to which false mode of improvement they become unfit for the table.

The mode of dressing meat is likewise to be regarded. Flesh when boiled is deprived of a great portion of its juice, as the gelatinous substance of the meat is extracted into the broth, which, while it contains the most nourishing part, relaxes the stomach and retards digestion. By roasting, the juices of meat suffer less diminution, for a crust is soon formed on its surface, which prevents the stimulating particles from evaporating. But if roasted meat seems likely to yield more nourishment than that which is boiled, stewing appears to be better calculated to preserve the substantial parts of animal food, for being performed in a close vessel, the juices are neither lost in water, nor evaporated by heat. As simplicity in diet is the most agreeable to nature, it is reasonable to conclude, that the luxurious art of cookery renders many things unwholesome, which in themselves, and properly dressed, would be salutary. In like manner, all piquant sauces, and high seasoning, are incentives to intemperance, while they provoke the digestive organs to irregular action. People in health require no excitement to the relish of wholesome food, and to those who are weak and feeble, most of the viands of an elegant table are little better than poison. In respect to the choice of aliment, they who abound with blood should be sparing in the use of high stimulants, such as fat meat, strong ale, and rich wines. People in whom the solids are weak and relaxed, should avoid every thing hard of diges

tion. A nourishing diet, and exercise in the open air, ought to be adopted by them, as well as by lean persons in general; but those who are fat should be spare in their food, and keep themselves as actively employed as possible. Those who are affected with nervous complaints, or the gout, ought to avoid every thing of a flatulent and indigestible nature, besides which, they should be very temperate both in eating and drinking. Sedentary persons should live more sparingly than those who are accustomed to labour; and in all cases, people troubled with particular complaints, ought to shun such aliments as have a tendency to increase the symptoms. Thus, the scorbutic ought not to partake of salt provisions; and those afflicted with the stone or gravel, should be cautious in the use of acids, and all food of an astringent quality. But though it is proper to pay due attention to the general classes of food, the diet ought not to be too uniform, at least for any considerable length of time, for thereby the stomach becomes habituated to such a degree of action, as to become almost incapable of digesting any thing else. The diet, in short, ought not only to be such as is best adapted to the constitution, but likewise to be taken at regular periods, for long fasting is injurious in every stage of life. As a general rule, it should be considered that fresh meat is the most nutritious and wholesome, but for that purpose it should be dressed so as to remain tender and juicy. The flesh of tame animals is preferable to game; for though the latter is more mellow and digestible, it does not contain the gelatinous matter so conducive to sustenance as the former.

In summer, when the blood is much disposed to putrescence, it is proper to increase the proportion of vegetable food, with a sufficient quantity of acids, if they do not disagree with the stomach. In the general class of aliment, an essential article is drink; but here again the diversity is almost as great as in the varieties of solid food. Water, however, is the basis of most liquors, on which account its quality is of great importance in diet. The purest is that which is free from all peculiarity of colour, taste, or smell; but where it cannot be had in such a state, it may be rendered more salubrious either by filtration through sand, boiling, or distillation. Half an ounce of powdered alum will make twelve gallons of corrupted water transparent, and fit for any use in two hours. Charcoal powder will also have the same effect. Clear water is best with food, as it will not induce a person to drink more than is necessary. When fermented liquors are used at meals, they ought not to be too strong, otherwise they will hurt instead of promoting digestion. But to drink immediately before dinner is a bad practice, because thereby the power of digestion becomes weakened by a dilution of

the gastric juice. For a similar reason, it is objectionable to drink much during a meal. Were we to govern ourselves by the dictates of nature, we should drink only when solicited by thirst, and desist as soon as that was satisfied; but this is too seldom the case, and many seem to think that the great object of life is to shorten it by the indulgence of a vitiated appetite.

To these general rules on regimen, we shall now add a brief account of the qualities of the common articles of animal and vegetable food.

Beef. When this is young and not overfat, it affords strong nourishment, and will often sit easy upon stomachs that can digest no other flesh.

Veal is proper for persons recovering from indisposition; but it is in fact less nutritious than beef. It is, however, very suitable for costive habits.

Mutton, from the age of four to six years, and fed on dry pasture, is excellent meat, and holds a middle rank between the firmness of beef and the tenderness of veal. The lean is the most nourishing, for the fat is hard of digestion.

Lamb is not so nutritious as mutton, but it is light, and very agreeable to delicate stomachs.

Pork affords rich and substantial nourishment, and its juices are wholesome when properly fed, but the flesh of swine reared in towns or cities is in general indigestible. All pork is in fact improper for those who are of a scorbutic habit, or troubled with cutaneous eruptions. Smoked ham is a strong kind of meat, and rather fit for a relish than diet. Bacon is also of a hard nature, and apt to turn rancid on weak stomachs.

Venison, as well as the flesh of hares, is nourishing, but liable to one inconvenience, that though much disposed to putrescency, it must be kept some time to make it fit to eat.

The flesh of birds differs in quality according to the feeding. Those which live upon grain are very nutritious, except turkeys, geese, and ducks, especially the two former. Chickens and full-grown fowls of the same class are extremely delicate, and therefore well adapted for those persons whose digestive powers are weak. In all birds, those parts are the firmest which are most exercised; therefore, in the small birds the wings, and in the larger ones the legs, are the most difficult of digestion.

Fish, of all kinds, though light, and easily soluble in the stomach, afford less nourishment than either vegetables or the flesh of quadrupeds. Salt-water fish are the best, but when dried they become difficult of digestion. Oysters may be eaten either raw or stewed, but they are most wholesome in the former state, because heat dissipates their nutritious

parts. Muscles are very inferior to oysters, both in point of digestion and nutriment. They are also sometimes poisonous, the cause of which is a problem that has hitherto baffled both naturalists and the faculty. The safest way is to eat them with vinegar.

Eggs of all kinds afford a simple and wholesome aliment, but those of the turkey are superior in the qualities of food. When, however, they are hard boiled or fried, they are difficult of digestion, and still more so if eaten with butter. Salt on the contrary promotes their solution in the stomach.

Milk, though an animal production, does not readily become putrid, because it possesses much of the properties of its vegetable origin; yet it is apt to become sour on the stomach, and to produce flatulence. When, however, it agrees with the stomach, it affords excellent food for those who are weak and cannot digest other aliments.

Cream, though very nourishing, digests with difficulty.

Butter, like every other oleaginous substance, is of a relaxing nature, and when too long retained in the stomach, becomes rancid; but if eaten moderately, it will not produce any injurious effects. It is, however, improper in bilious constitutions.

Cheese, though neither easy of digestion nor very nutritious, yields a wholesome chyle, if eaten sparingly. Toasted cheese is agreeable to most palates, but it is improper for weak constitutions.

Bread made of wheat is highly nutritious, and ought always to be eaten with animal food, to correct the disposition to putrescency, and to give the stomach a proper expansion. But when taken in too large a quantity, it produces costiveness. To render bread easy of digestion, it ought to be well fermented, and never used till it is at least one day old. The custom of eating it hot from the oven with butter is very injurious.

Rice contains a nutritious mucilage, and though of a costive tendency, that quality may be remedied by the addition of spices.

Potatoes yield as much nourishment as any of the roots used in diet. Those of a mealy kind are the most easy of digestion, and are much improved by roasting.

Cabbage is diuretic and somewhat laxative, though with less disposition to putrescency than common greens. Notwithstanding its natural tendency to putrescency, it is far from producing such an effect in the human body, where, on the contrary, it is serviceable in correcting the scurvy.

Spinach affords a soft lubricating aliment, but with little nutriment. In weak stomachs it is apt to produce acidity and looseness.

Green pease and *beans* boiled in their fresh state are both agreeable and wholesome, being neither nearly so flatulent nor difficult of digestion as in a dry state.

Turnips are nutritious but flatulent, which effect may in a good measure be obviated by pressing the water well out of them before they are served up at table.

Carrots contain a quantity of nutritious juice, but they are extremely flatulent.

Parsneps are equally sweet, and more wholesome, than carrots, especially when boiled in two waters.

Asparagus is a nourishing article, and of a diuretic quality, but with a tendency to flatulence.

Radishes of all kinds dissolve the viscid humours, promote digestion, and expel wind from the intestines.

Apples are very wholesome, and in many cases medicinal, particularly in disorders of the breast, and complaints arising from phlegm. They, however, agree best with the stomach when roasted or boiled. Pears have a more laxative quality, and a greater tendency to flatulence, than apples. Most other fruits are wholesome when used moderately, either fresh gathered or in tarts.

Tea has by some writers been denounced as a slow poison, while others have not only defended its innocence with energy, but even ascribed to it extraordinary virtues. The truth perhaps lies between the extremes, and may be determined by admitting the salubrity of the beverage when used in moderation, and its hurtful effects when drunk very strong or in large quantities. In the former case it relieves the stomach, and abates headache; but in the latter it induces watchfulness, and affects the nerves. Black tea is preferable to the green, but it is more liable to be adulterated by the mixture of sloe leaves and other articles.

Coffee promotes digestion, exhilarates the animal spirits, dispels flatulency, relieves diseases in the head, attenuates viscid humours, accelerates the circulation of the blood, and is favourable to perspiration; but if drank too strong, it occasions tremor and other disagreeable affections of the nerves, particularly watchfulness, though in phlegmatic constitutions it is apt to produce sleep. A cup drank after dinner without sugar or milk is of considerable benefit.

Chocolate is a nutritive composition, if taken in a small quantity, and not often repeated; but it is somewhat heavy and when made too heating excites nervous symptoms, and complaints of the head and stomach.

Malt liquor is an excellent beverage, when made of prime malt and hops, but it ought to be kept some time before it is drank. Old London porter and mild table beer are preferable to those strong ales which contain a large portion of

spirit. The former may be drank in almost any quantity without injury, but the latter ought to be sparingly used, and with great caution.

Wine in general stimulates the stomach, exhilarates the spirits, warms the system, and quickens circulation, but when taken to excess it proves intoxicating and powerfully sedative. New wines, particularly the sweet sorts, create a strong degree of acescency in the stomach, and thereby occasion much flatulency, heartburn, colic, and diarrhœa. Most of the red wines, especially port, have an astringent quality, and strengthen the stomach, while Rhenish, and others of a like acid nature, are of a laxative tendency. In many disorders, wine is admitted to be of important service, particularly fevers of a putrid nature, in which it is found to raise the pulse, support the strength, and promote perspiration. Another article connected with this subject is vinegar, which, when good, and made from wine, is of great use in all inflammatory and putrid disorders, whether external or internal. In ardent and bilious fevers, pestilential and other malignant distempers, it is recommended, on high medical authority, as a powerful remedy. Weakness, fainting, vomiting, and hysterical complaints, have been frequently relieved by the application of vinegar to the nose, or received into the stomach. It is also very efficacious in counteracting the vegetable poisons, especially those of the narcotic kind.

Treatment of the Teeth.

Frequent washing of the mouth, and cleaning the teeth, will be found essential to the preservation of health. The mouth should be rinsed with cold water the first thing in the morning, again after dinner, and lastly at night. It will be proper also, on getting up, to scrape the tongue with a piece of whalebone, or some leaves of sage, which last are very useful for polishing the teeth. The generality of tooth powders and other advertised nostrums are extremely injurious, nor would we advise the employment of a dentist to remove what is called the tartar of the teeth. By a little patience, and the application of a blunt goose quill, or a bit of pliable wood, this corrosive substance may be easily cleared, and the teeth rendered white without endangering the enamel. For a scorbutic affection of the gums, and its consequence, a fetid breath, nothing is better than frequently washing the mouth with pulverized charcoal and water, which will also have the effect of whitening the teeth. A crust of bread toasted hard, but not burnt black, and reduced to a powder, is likewise an excellent dentifrice. Another still better is the powder of Peruvian bark, which will strengthen the gums without inflaming them. In cleaning the teeth, the finger alone is pre-

ferable to brushes, the frequent use of which injures the enamel. Metallic substances should never be used for cleaning the interstices between the teeth, but only a bit of wood, or a goose quill cut to a point.

Treatment of the Eyes.

The first rule to be observed for the preservation of the eyes, is to keep them from being exposed to a great glare of light on rising in the morning. The window curtains, therefore, ought not to be drawn for some minutes after getting up, for the organ of vision is so tender, as to be sensibly affected by sudden changes. Another thing to be avoided, is the custom of rubbing the eyes after sleep, which is a baneful practice, and tends to produce inflammation and weakness of sight. If the eyelids happen to be oppressed with any glutinous matter, the best mode of relief is to pass a wetted finger gently over them two or three times. Bathing the eyes with cold water as pure as can be procured, should be invariably practised, not only morning and evening, but also during the day, especially in dry, dusty, and windy weather; but it should never be done whilst the face is in a state of perspiration, nor immediately after quitting the bed, at which time there is always a perceptible heat left on the skin.

To preserve the eyes in a healthy state, it is necessary to breathe a pure air, and to enjoy as much as possible the benefit of the open atmosphere. Great care, however, ought to be taken not to expose them to a sudden change, as from a strong light to extreme darkness, and the contrary. There is a close affinity between the stomach and the organs of sense, and the goodness of sight in particular depends very materially on the manner of living. By taking food that is hard of digestion, the eyes will be affected, and the habit of drinking wine or spirituous liquors to excess tends to hasten dimness, which may end in a total obscurity of vision. Sleep has also an important influence upon the visual faculty. Every member of the body, by moderate exercise, becomes stronger, and better adapted to its destined functions. Sleep, therefore, too long indulged, injures those organs which nature intended for active employment, and it will generally be found, that slothful persons have a heavy and listless appearance, while those who use moderate indulgence, and are of an energetic character, evince animation in their looks. But the eyes, as well as all the other corporeal functions, require an economical application, otherwise they will be soon impaired, and rendered more or less incapable of discharging the offices for which they were provided. Repose, therefore, is indispensably necessary to these tender organs, and over-

watchfulness, especially if accompanied with intemperance, will bring on a premature decay, if not actual blindness. The eyes should, as much as possible, be accustomed to an equable light, for whatever strains, must necessarily weaken them, on which account, it is proper to have two candles of equal height, as well in reading as in manual labour.

It is a bad custom to use shades for a protection to weak eyes, even by candle light, except when there is inflammation, on the removal of which, the screen should be laid aside as soon as possible.

Persons who are short-sighted ought not to habituate themselves to the use of one eye, and the neglect of the other, a practice that tends to the farther injury of both. Those who have weak eyes should avoid looking intently at dazzling objects, as the solar rays in summer, the full light of the moon, or the snow in winter, blazing fires, and shining mirrors. Heated rooms, and exhalations from burning substances, are also baneful to the sight of such persons. No one should have recourse to spectacles, till impelled to do so by such symptoms as plainly indicate the necessity of that assistance. One of the first signs of this want is an impulse to approach nearer to the light than we have been accustomed, when we read or work. Another is when small objects appear confused after looking at them for some time. Again, it may be inferred that the visual organ wants the aid of glasses, when on waking it is very weak, and does not recover its wonted force; and the same may be concluded, if the eyes, after a slight tension, become so much fatigued, that a person is obliged to turn them to other objects for relief. But whenever the necessity of spectacles occurs, care should be taken that the glasses magnify as little as possible, and only shew things clearly, and exactly as they are. Every person ought also to read with his spectacles at the same distance that he was accustomed to do before he adopted them. To choose good glasses, see that they are of an equal thickness in all their parts, and perfectly free from globules and specks. Lastly, the glass which agrees with one eye ought never to be applied to the other.

In regard to diseases of the eye, it would be improper to give specific directions, where so many circumstances will render professional assistance indispensable. The organs of sight are too delicate to be tampered with rashly, and therefore, when an injury of the optic nerve or the coats of the eye occurs, or is apprehended, no time should be lost in applying to an experienced oculist. Watery eyes may be cured by washing them with a little brandy, or strong vinegar and water, nor is there any better collyrium than this, in ordinary cases of weakness of sight occasioned by relaxation.

Treatment of Children.

Milk ought to be the chief part of the diet of infants for a certain period, either that of the breast or any other; and next to this natural food, is good light bread, which may be given to a child as soon as it has an inclination to chew, and will not only serve as food, but assist in cutting the teeth. Bread, besides being used dry, may be prepared many ways into food for children. One is, to boil a piece of roll, together with the upper crust, in water, till it becomes soft, by which means the bread will be cleared of some part of its aced quality. The water should be carefully strained off, and the bread mixed up with some boiled milk, but without sugar or any other sweetening. Children ought never to be allowed animal food till some time after they are weaned, and even then but sparingly. It cannot be denied, that a vegetable diet is apt to affect the stomach with acidity; but on the other hand, too much flesh heats the body, and occasions inflammatory disorders. The safest way, therefore, is to adopt a due mixture of animal and vegetable food. Fruit is an article of which children are in general very fond, and in the moderate use of which they may be safely indulged, provided the fruit is ripe, for otherwise it is highly prejudicial. Butter, as it relaxes the stomach, and tends to produce gross humours, is not proper for children; and those parents who give it in abundance, are unwittingly employed in laying the foundation of disorders which may never be eradicated. The custom of sweetening the food of children is also extremely pernicious, as it entices them to eat more than they have occasion for, which makes them grow fat and bloated. On the other hand, children may be hurt by too little, as well as by too much, food; and a slender diet disposes them to the rickets. When they are able to go alone, they should be allowed a little light meat, with mild vegetables, and alternately broths, puddings, and various preparations of milk. The best drink for children is water or milk, and, when they are grown a little older, small beer, but never ale or spirituous liquors. When a child is unwell, the lightest diet possible should be adopted; and if a fever accompanies the disorder, still less food will be required, but the proportion of drink must be increased. Of this kind are barley water, or water in which a crust of bread has been boiled, rice water, and thin tapioca. If the bowels are relaxed, more nourishment should be given; in which case, baked flour mixed with boiled milk will serve both as a diet and a medicine. Should this disagree with the stomach, on account of the acidity in the first passages, it may be remedied by good beef broth, thickened with a little of baked flour instead of bread. Where aci-

dities and flatulence become troublesome, a little magnesia, or a few drops of the tincture of columbo root, mixed in water, with some ginger, will be very efficacious.

In regard to the clothing of infants, nature dictates that it should be as easy, and as free from incumbrance, as possible. Nothing more is needful than to keep the child guarded against the inclemency of the air; but whatever be the habiliments, cleanliness is an indispensable object, and the garments ought to be frequently changed, lest, by fretting the skin, and occasioning noxious smells, they produce cutaneous diseases. Children ought scarcely ever to be in a quiescent state, except when asleep, for exercise, like air, is of so much importance to them, that they cannot be healthy without it.

In the earlier stages of infancy, they should be moved gently up and down in the arms, taking care not to toss them very high, as they are susceptible of fear, even to the degree of being thrown into fits. Another exercise adapted to this tender age, and of the utmost advantage, is rubbing them with the hand. This should be done all over, at least twice a day, when they are dressed and undressed, and especially along the whole course of the backbone. It ought also to be continued for some time, being peculiarly agreeable to the child, as it constantly evinces by stretching out its little limbs, and pushing them against the hand. These frictions not only promote the circulation of the blood, but excite a lively sensation in the parts, and tend greatly to strengthen the body.

When children are older, they ought never to be carried in an indolent posture, but the arm that supports them should be constantly in such a motion, as the nurse is able to continue. The manner of carrying an infant is of more importance than people generally imagine, for by it the child may contract a habit that it will not readily get rid of, and it may be as much disposed to become weakly by improper management in the arms, as if it were lying in a cradle. There are these advantages attending the proper exercise of children, that it strengthens the digestive powers, accelerates the motion of the blood through the smaller vessels, and promotes both the secretions and excretions so indispensable to the preservation of health. Children are too often injured, and sometimes destroyed, by the carelessness of nurses, and even by parents, who suffer them to remain alone when they require the greatest watchfulness to prevent accidents, particularly from fire. When a misfortune of this kind happens, the attendant, in the hurry of distraction, proceeds to tear off the child's clothes, instead of wrapping something over all to extinguish the flame. A carpet, table-cloth, or blanket wil' do this effectually. Children should be early

impressed with a dread of the fire, and of boiling liquids, which may be easily accomplished, by permitting them to feel a little the smart of a scald or a burn.

Of the diseases of children, one of the most common arises from worms. There are four kinds of these, the large round worm, the small maw-worm, or ascarides, resembling thread, the short flat worm, or cucurbitina, and the jointed, called *tænia* or tape-worm, which is the most dreadful of all, and is sometimes several yards long; but this is seldom found in children. The symptoms of worms are various, and some of them may proceed from other causes. The most sure signs are a fetid breath, itching of the nose and anus, an irregular appetite, a prominent and hard belly, pains in the stomach, vomiting, costiveness, and purging, startings in the sleep, a bloated countenance, and a hollow dark circle round the eyes. In some cases there are convulsions, epilepsies, and a partial paralysis of the lower extremities. If convulsions ensue, and the pulse is small, attended with hiccup, it is almost a certain indication of worms. When these exist in the bowels, they are to be carried off by purgative medicines. The male fern has been highly extolled as a specific against worms, and some have as strongly recommended olive oil for their expulsion, while others again ascribe great virtue to a dose of alkaline or other salt. Two of the most efficacious and innocent remedies, however, are wormseed, and cowhage. Ten or fifteen grains of the former, may be given in a little treacle, twice a day. Cowhage as a vermifuge is to be used by scraping off the hairy part of the pods, and making them up with any kind of syrup, and giving about a tea-spoonful twice every twenty-four hours. The best way to separate the fibrous parts, which are very pungent, is to shake the pods in a box. Calomel is also a powerful purgative against worms, either taken alone, or joined with rhubarb, in the following proportion for a child. Take of rhubarb six grains, calomel one grain, mix them, and give it in a spoonful of water or milk. To prevent the generation of worms in the stomach and intestines, take of Peruvian bark grossly powdered, one drachm and a half, gentian root one drachm, the rind of Seville oranges two drachms, and boiling water a pint. Infuse the ingredients in water, white wine, or brandy, twenty-four hours, and strain the whole through a cloth. Two or three tea-spoonsful of this may be taken twice a day.

The following external application for killing and expelling worms, has also been tried with effect:—Take of the powder of rue dried, and of succotrine aloes, each half an ounce; mix, and make them into a plaster with Venice treacle, which apply to the belly, first covering the navel with a little cotton.

APPENDIX

OF MISCELLANEOUS DIRECTIONS, AND USEFUL INFORMATION, ON VARIOUS SUBJECTS.

TO DESTROY VERMIN AND INSECTS.

Beetles.—Lay some lumps of quicklime in the holes of the wall from whence they issue, or scatter it on the ground. Another mode is, to put some treacle on a stick, and float it in a pan of water. Beetles are so fond of treacle, that they will be drowned in attempting to get at it. A hedge-hog is also useful in extirpating these vermin.

Crickets.—These troublesome insects may be effectually got rid of, by burning charcoal near their haunts; or a little arsenic mixed with a roasted apple may be placed in their way.

Bugs.—Dip a sponge or brush in a strong solution of vitriol, and rub it over the bed-furniture. This should be often repeated, and if the crevices of the bedstead are filled up with strong mercurial ointment, it will expel the bugs, and destroy their nits. Cleanliness, however, and frequent examination, will prove the best remedy.

Fleas.—Sprinkle the floor with a decoction of wormwood, hang near the bed a bag filled with dry moss, or lay therein some fresh leaves of pennyroyal sewed up in linen. Fumigation with brimstone will also have a good effect; but after all, nothing but cleanliness and careful inspection will keep these troublesome visitants under. As dogs and cats harbour fleas very much, they should be anointed occasionally with sweet oil, or oil of turpentine. Snuff thrown over them will also prove serviceable, unless they have any signs of mange.

Flies.—These may be expelled by fumigation. Or, dissolve two drachms of quassia in half a pint of boiling water, mix therewith a little sugar, and pour it on plates. This will entice the flies, and destroy them. Camphor placed near meat will protect it effectually from flies, though the odour may affect delicate articles.

Mice.—Having kneaded some wheaten flour or malt meal into a paste, when it becomes sour, mix with it fine iron filings, and form the whole into balls, then put them into the crevices or holes frequented by mice, and it will kill them. A simple mouse-trap may be thus made. Take a square trencher, and put into two opposite corners a piece of wire or needle. Lay thereon some bait, suspend it over a pan half full of water, and when the vermin endeavour to pass on to the trencher, it will tip over, and immerse them in the vessel beneath. The trencher should be secured from losing its balance by fastening the pins with some thread or wax.

Rats.—Various means have been recommended for the destruction of these vermin, some of which are attended with great danger. Dried sponge cut small, and dipped in oil of rhodium and honey, will prove mortal to those that eat it, by distending their intestines. Birdlime laid in the places which they frequent, will adhere to their skins, and become so troublesome as to make them leave their old quarters. Balls made of a mixture of malt dust and butter, with a little of the oil of aniseeds, or rhodium, will allure them into a trap, when other baits have failed. Cats, ferrets, and terriers are the best hunters of rats in large premises.

Moths.—Sprinkle turpentine on pieces of woollen stuffs, or sheets of paper, and lay the same near cloth, or amongst furniture. Shavings of cedar, and the cuttings of Russia leather, laid in drawers, or boxes, where furs or woollen cloths are kept, will effectually preserve them from the ravages of these insects. Spirit of turpentine sprinkled about the boxes where furs are kept, will also drive them away. Bitter apples mixed among the articles of dress are equally efficacious.

Mites.—There are several species of these insects, which breed in flour, as well as in cheese and other articles of food. To keep them from flour, put a few nutmegs into the sack, or bin, the odour of which spice will eradicate the mites, without injuring the meal. Branches of elder peeled, and put into flour, will have the same effect. Large ants in granaries have been also recommended for the purpose. To clear barns of weevils, cover the walls and rafters, above and below, with quick-lime slacked in water, in which trefoil, wormwood, and hyssop have been boiled. The Lombardy poplar is also an excellent preventive against most insects.

DOMESTIC RECEIPTS.

To polish Mahogany.—Grate a quarter of a pound of pure white soap into an earthen vessel, with a pint of water, place it over the fire till the soap is dissolved, then add as much bleached wax cut small, and three ounces of common wax. When thoroughly incorporated, it is fit for use. In the application, clean the mahogany well, dip a piece of woollen rag in the varnish while warm, and rub it on the furniture, let it stand a quarter of an hour, then rub it with a hard brush, and finish with a dry flannel.—Or, cut a quarter of a pound of yellow wax small, melt it in a pipkin, and add thereto an ounce of pounded colophony. When melted, pour in gradually two ounces of warm oil or spirit of turpentine. Put the mixture into a tin or earthen pot for use. Ink stains may be taken out of mahogany, by laying thereon, with a feather, a few drops of spirits of sea salt, or oil of vitriol, diluted with a little water. On the disappearance of the ink, wipe the part with a rag wetted in cold water.

To take Spots out of large Tables.—Make a ley of wood ashes, and mix it with a few galls, then put it on the spots, and let it remain all night. In the morning, rub the table hard with a brush, taking care not to cross the grain. At the second scouring, take some fine sand, and when the table is dry, rub it clean with a coarse cloth. Lastly, wash it with cold water and sand. Boards are to be cleaned the same way.

To clean Cast Iron.—Mix the powder of black lead with common gin, or the dregs of port wine, lay it on the stove with a linen rag, then take a moderately hard brush, dip it in dry black lead powder, and rub it till bright.—Or, mix black lead and the whites of eggs, well beaten together, dip a painter's brush in the same, and wet the iron all over, after which, Polish it with a hard brush.

To preserve Iron from Rust.—Melt a quarter of an ounce of camphor and half a pound of fresh hog's lard over a slow fire, take off the scum and mix as much black lead with the composition as will bring it to the colour of iron. Spread this over the articles for which it is intended. Let it lie twenty-four hours, and then rub it well with a dry linen cloth.—Or, smear the irons over with melted mutton suet, and dust thereon some pounded unslacked lime, from a muslin bag. Cover the irons with baize in a dry place when not in use. To free steel from rust, lay over it sweet oil, after which, apply thereto some unslacked lime, in powder, and in forty-eight hours rub it thoroughly till clean. Salad oil only should be used, as there is water in all other sorts.

To clean Polished Stoves.—Having boiled slowly a pound of soft soap, in two quarts of water, till reduced to one half, mix three or four spoons-

ful of it with some emery. Lay it on a piece of broad cloth, and rub the stove well. When the dirt is removed, wipe it clean, and polish it with glass paper.

To blacken Stone Chimney-pieces.—Mix oil varnish and lamp black, with some spirits of turpentine, to the thickness of paint, and having cleaned the stove till dry, lay on the composition, brushing it twice over.—To blacken free-stone hearths; scour them with cold water, soap, and sand, then put some black lead and brown sugar into half a pint of small beer, and set it on the fire, stirring the whole with a stick till it has boiled. Black the sides and hearth with this twice over, and on the following day rub them well with a hard brush.

o clean Marble.—Make a paste with a bullock's gall, a wine glassful of soap lees, half as much turpentine, and some pipe-clay. Apply this to the marble, and when dry, rub it off. Repeat the process if necessary two or three times. Another way is, to wash the marble with muriatic acid, either pure or diluted; after which, polish it by rubbing thereon powder of putty. Ink spots may be removed by a mixture of unslacked lime pounded, and soap lees. It must be laid on with a brush, and suffered to remain some weeks, after which, wash it clean with soap and water. Iron stains may be taken out of marble by a composition of spirit of vitriol and lemon in equal quantities. To get oil out of marble or stone, use a mixture of soap lees, fuller's earth well dried, and a little pipe-clay pounded. Lay it on thick, and press it with a hot iron. Oil may be extracted from boards in the same way.

To clean Paper Hangings.—Cut a quartern loaf two days old, into eight half quarters. Blow off the dust from the hangings with a pair of bellows, and begin with one of the pieces at the top of the room; hold the crust in the hand, and wipe lightly downward with the crumb, about half a yard at each stroke, till the upper part of the paper is completely cleaned all round. Then go round again in the same manner for the lower part till the whole is done. The paper must not be rubbed hard, nor in a horizontal direction; the dirty part of the bread also must be cut out, and the pieces renewed as often as necessary.

To renew old Wainscot.—If greasy, it must be well washed with warm beer, after which, boil in two quarts of strong beer, a little bees' wax, about the size of a walnut, and a large spoonful of brown sugar; wet the wainscot all over with a brush, and when dry, rub it till bright. In scouring the wainscot, begin at the top, and keep the suds from running as much as possible. One person should dry with linen cloths, as fast as the other takes off the dirt.

To clean Paint.—Never use a cloth, but take off the dust with a long-haired brush, after blowing the loose parts away with a pair of bellows. When paint is soiled, dip a sponge or piece of flannel in soda and water, wash it again quickly, and dry it immediately to preserve the colour.

To clean Paintings.—Take two ounces of borax, and a quarter of an ounce of Roman vitriol, beat them together till fine, and sift the same through a lawn sieve. When you have cleared the picture from the dirt, lay it flat, and throw some of the powder over the canvass, dip a clean brush in water, and rub it carefully over the piece, take only just water enough to wet the powder, and when the picture appears clean, wash off the dust with another wet brush, and set it to dry, but not in the sun. When the picture begins to dry, rub it over gradually and gently with a feather dipped in a little linseed oil.—The following is a more simple method of cleaning paintings. Take the picture out of the frame, and cover it with a napkin moistened with pure water. Let it remain in this state a fortnight or longer, according to circumstances, taking care all the time to keep the cloth wetted till it has loosened the adhering particles on the surface. When dry, pass some purified linseed oil over the piece, which will look fresh and clean.

To clean Black Tin and Pewter.—If the outside polish is gone, rub it with sweet oil on a piece of linen cloth, then clear it with dry whiting, free from sand, laid on a fresh cloth. Rub the inside with a rag, moistened in wet whiting, without oil. By constantly wiping dishes as they come from table, and keeping them free from damp, the trouble of cleaning them will be lessened.

To prevent Rust.—Mix with fat oil varnish, four-fifths of rectified spirits of turpentine. Apply this to the article with a sponge. It will secure copper and brass vessels effectually from rust and tarnishing.

Useful Cements.—A simple but effectual composition to close cracks in stoves may be thus made: Mix wood ashes and coarse salt together with water till thick as paste.—For china and glass, the following is recommended: reduce separately to a powder, equal quantities of unslacked lime and flint glass, and as much litharge as both together. Mix these well, and work them into a fine paste with old drying oil. A cement for broken flint glass may be made by fusing some of the same kind, previously reduced to powder, with a little lead and borax, or with borax only.—A good cement for broken china is thus made: Mix some oyster-shell powder with the white of a fresh egg, as thick as paint, lay it on the fractured parts, and join them exactly. Then put the china before the fire till it is quite hot, and it will be cemented in a few minutes. Pour boiling water into it directly; wipe it dry, and scrape it clean. Make no more cement than will be immediately wanted, as it will become useless by keeping. The powder may be thus prepared. Choose a large deep shell, put it into the fire till red-hot, then take it out, scrape off the black, pound the rest in a mortar, and sift and beat it a second time till smooth and fine.—Broken glass may be joined by the following method. Take a little isinglass, and melt it in spirits of wine over the fire. This will form a transparent glue, sufficiently strong to unite the fractured article. Take great care that the spirits of wine do not boil over. A cement for broken marble, alabaster, or porphyry, is made by melting two pounds of bees' wax with one of rosin, then strewing thereto one pound and a half of the same kind of substance as that which is to be cemented. The whole must be well stirred and kneaded in water, so as to incorporate into a mass. The portion of powdered substance may be varied at pleasure, to bring the colour of the cement near to the original. It must be heated when applied, as also the parts to which it adheres.

To make Strong Paste.—To two large spoonfuls of flour, put as much pounded rosin as will lie on a shilling, mix this with strong beer, and boil it half an hour. Another way is, to boil three-quarters of an ounce of gum-arabic in a pint of water, with flour, to a proper consistence. Very good paste may be made of half starch and half flour sifted fine, mixed with beer, and boiled smooth, adding thereto a spoonful of size.

Permanent Ink to mark Linen.—Take of lunar caustic, called likewise argentum nitratum, one drachm, and of a weak solution or tincture of galls two drachms. Wet the linen first with the following liquid: salt of tartar one ounce, and water one ounce and a half. The cloth must be perfectly dry before written upon. Red marking ink is made by finely levigating half an ounce of vermilion, and a drachm of salt of steel, with linseed oil, to a proper thickness.

To restore Scorched Linen.—Boil in half a pint of vinegar, two ounces of fuller's earth, an ounce of fowls' dung, half an ounce of cake soap, and the juice of two onions. Spread this composition over the linen, and after letting it remain some time, wash it out.

To take Stains out of Linen.—Wet it, and rub on the part a quantity of soap on both sides the cloth, then rub in as much starch, mixed thick with cold water, as can be well laid on, and place it on a grassplot. If it is not perfectly free the first time, repeat the process twice or thrice.

If stains are caused by acids, wet the part, and lay thereon some salt of wormwood, and then rub it, without diluting it with more water. To remove fruit stains, let the cloth imbibe a little water without being dipped therein, and then hold the stained part over some lighted brimstone at a proper distance. Or, tie up pearl ash in the part that is stained, then scrape some soft soap into cold soft water to make a lather, and boil the linen till it is clean. Such stains may also be removed by boiling in milk, or dipping the linen in butter-milk, and drying it in the sun.

To take out Iron Moulds.—Wet the spots with water, then lay the linen on a boiling hot water plate, and put a little essential salt of lemons on it. As the part becomes dry, wet it again, keeping the water in the plate at the same degree of heat. When the spots disappear, wash the linen in cold water. Or, bruise some sorrel, squeeze it through a cloth, bottle it, and keep it for use. Put a little of this juice into a tin saucepan over a lamp, and when it boils, dip the stained part of the linen in it, after which, give it a squeeze, and throw it into cold water.

To make Linen White.—Warm two quarts of milk, and scrape into it half a pound of solid white soap. When dissolved, put in the linen, and let it boil some time, then take it out, put it into hot water, and wash it out.

To Whiten Cloth.—When it is well bucked, spread it on the grass, and sprinkle it with clean water. Let it lie three or four days, then buck it again with soap and fuller's earth, and treat it as before.

To clean Silks.—If there are any spots of grease on the silk, remove them with scraped chalk, or rather by applying to the stain some spirits of turpentine. When clear, dry some bran by the fire, spread out the silk, and rub it all over while warm, after which, shake it well, and rub it with a clean, soft, and dry cloth. If the silks are flowered, mix the crumb of a stale loaf with about a quarter of an ounce of powder blue, and rub this gently over the part, first with your hands, and next with a cloth.

To take Spots out of Velvet.—Rub the spots with strong aquæ vitæ, then lay the white of a new-laid egg over the part, and set it in the sun to dry. After this wash it in clean water, and wring it thoroughly.

To scour Silks in washing.—Dissolve Castile soap in some boiling rain water; when nearly cold, put into it a little fuller's earth, and with this scour the silks, then spread them out between dry cloths.

To take Spots out of Scarlet.—Take the juice of the plant called common toad's grass, and lay it on the spotted part, where let it continue about three hours, and then dip it in warm water. If this fails the first time, add a little soap to the juice, and repeat the process.

To preserve Linen from Damp and Worms.—When washed and dried, fold it up, and scatter between the folds the powder of cedar wood, or the wood itself cut small, first perfuming the chest with storax.

To take out Mildew.—Mix some soft soap with powdered starch, half as much salt, and the juice of a lemon; lay it on both sides of the mildewed part with a brush, and let it lie in the open air on a grassplot to bleach for a day and night. A composition for the same purpose may be thus made: mix an ounce of sal-ammoniac and salt of tartar in one quart of water, and keep it in a bottle for use. Soak and wash the linen articles out of this liquid, and after the stains or mildew are discharged, get them up in the usual way.

An excellent method of cleaning Silk and Cotton goods.—Grate clean-washed raw potatoes to a pulp in clear water, and pass the liquid through a coarse sieve into another vessel of water. Let the mixture stand till the white particles of the potatoes are precipitated, then pour the mucilaginous liquor from the fecula, and preserve it for use. Lay the article to be cleaned upon a table, dip a sponge in the potato liquor, and apply it till the dirt is entirely discharged. Then wash it in clean water several times, to remove the loose dirt. Two middling-sized pota-

toes will suffice for a pint of water. The white fecula will make good starch or hair powder, and the coarse pulp that does not pass through the sieve, will clean worsted curtains, carpets, and wainscoting. The mucilaginous liquor is also excellent in cleaning paintings or soiled furniture.

To render Cloth Waterproof.—The following is said to be the method used in China. To one ounce of white wax melted, add one quart of spirits of turpentine, and when thoroughly mixed and cold, dip the cloth into the liquid, and hang it up to drain and dry. Muslins, as well as strong cloths, are by this means rendered impenetrable by rain, without losing their colour or beauty.

To take out Ink Spots from Woollen or Linen.—For woollen, rub the spots with a composition made of the white of an egg and a few drops of the oil of vitriol, then wash it with pure water, and lastly smooth the parts with a flannel. Ink spots may be extracted from linen by immediately dropping upon them the tallow from a lighted candle, and letting it remain a few days before the linen is washed. The stains of red port may be removed in the same manner. If the ink is dry, put some boiling water into a pewter pot, fasten the linen tight over it, and rub it with lemon juice till the stain wholly disappears.—Or, put a little of the salt of lemons on the spot, while the linen is kept stretched over some boiling water.

To clean Damask Curtains and Worsted Furniture.—Dry some fine fuller's earth before the fire, pour boiling water upon it till it is soft, then put to it a little spirits of turpentine. When these are well mixed, lay the curtains or cloths on a table, and rub them as hard as you can, first on the inside, and next on the out. Having gone over every part, hang them up in the air, or before a fire, and when dry, brush them clean from dust.

Balls for taking out Grease.—Dry fuller's earth till it crumbles to powder, moisten it with lemon juice, add some pulverized pearl ash, and make the whole into a paste, then roll it into small balls, and dry them in the sun. In using them, moisten with water the spots on the cloth, rub the ball over them, and leave the article to dry in the sun. On washing the spots with common water, and brushing the part, the stains will disappear.

Liquid for cleaning Cloth.—Dissolve in a pint of spring water one ounce of pearl ash, and add thereto a lemon cut in slices. Let the mixture stand two days, and then strain the clear liquor into bottles. A little of this dropped on spots of grease will soon remove them, but the cloth must be washed immediately after with cold water.—Or, put a quart of soft water with about four ounces of the burnt lees of wine, two scruples of camphor, and an ox's gall, into a pipkin, and let it simmer till reduced to one half, then strain, and use it while lukewarm. Wet the cloth on both sides where the spots are, and then wash them with cold water.

To remove Oil or Grease out of Cloth.—Take five or six pieces of lighted charcoal about the size of a walnut, wrap them in a piece of linen, previously dipped in water, and squeezed in the hand to press out the moisture. Extend the stuff on a clean napkin spread out on a table, then take the cloth containing the charcoal by the four corners, and lay it on the spot; lift it up and down thereon ten or twelve times successively, pressing lightly upon it, and the stain will disappear.

To take Stains out of Black Cloth, &c.—Boil a quantity of fig leaves in two quarts of water, till reduced to a pint. Squeeze the leaves, and bottle the liquor for use. The articles, whether cloth, silk, or crape, need only be rubbed over with a sponge dipped in the liquor.

To keep Flannels from shrinking.—When new, put them into a tub, and pour boiling water on them, after which, let them lie therein till cold.

To make Liquid Blacking.—Take two quarts of small beer, eight ounces of ivory black, three ounces of treacle, one ounce of sugar-candy, half an ounce of gum-arabic, half an ounce of oil of vitriol, and one ounce of sweet oil. Dissolve the gum in warm beer, and let the oil be mixed with a little of the ivory black, then blend the whole thoroughly together, let it stand a few days, and bottle it for use.—Or, take four ounces of ivory black, three ounces of coarse brown sugar, and a table-spoonful of sweet oil, and mix them gradually in a pint of cold small beer.

To render Leather Water-proof.—Melt over a slow fire, one quart of boiled linseed oil, a pound of mutton suet, three-quarters of a pound of yellow bees' wax, and half a pound of common rosin. With this mixture rub over the boots or shoes, soles, legs, and upper leathers, when a little warmed, till the whole are completely saturated. Another way is, to melt one quart of drying oil, a quarter of a pound of drying bees' wax, the same quantity of spirits of turpentine, and an ounce of Burgundy pitch. Rub this composition near a fire all over the leather, till it is thoroughly saturated. Boots and shoes may be preserved from wet by rubbing them over with linseed oil, which has stood some months in a leaden vessel till thick. As a security against snow water, melt equal quantities of bees' wax and mutton suet in a pipkin, over a slow fire. Lay the mixture, whilst hot, on the boots and shoes, which have been also warmed. Let them stand some time before the fire, and then put them aside till cold, after which, rub them dry with a woollen cloth.

To clean Boot Tops.—Dissolve an ounce of oxalic acid in a pint of soft water, and keep it in a bottle well corked; dip a sponge in this to clean the tops with, and if any obstinate stains remain, rub them with some Bath-brick dust, and sponge them with clean water. If your tops are brown, take a pint of skimmed milk, half an ounce of spirits of salt, as much of spirits of lavender, one ounce of gum-arabic, and the juice of two lemons. Put the mixture into a bottle closely corked; rub the tops with a sponge, and when dry, polish them with a brush or flannel.

To restore the blackness of old Leather.—For every two yolks of new-laid eggs, retain the white of one, let these be well beaten, and then shaken in a glass vessel till as thick as oil. Dissolve in about a table-spoonful of Hollands gin, a piece of lump sugar, thicken it with ivory black, and mix the eggs for use. Lay this on in the same manner as blacking for shoes, and after polishing with a soft brush, let it remain to harden and dry. This process answers well for ladies' and gentlemen's leather shoes, but should have the following addition to protect the stockings from being soiled. Shake the white or glaire of eggs in a phial till it is a perfect oil, and lay some of it, at twice, with a small brush over the inner edges of the shoes.

Razor Strops.—Keep them moderately moist with a little sweet oil, and rub well in some crocus martis with a glass bottle. This will give the razor a fine edge.

To take Grease out of Paper.—Scrape finely some pipe-clay, lay thereon the sheet or leaf, and cover the spot effectually. Place over the whole a clean sheet of paper, and apply thereto, for a few seconds, a heated iron, such as is used by laundresses. When the grease is extracted, go over the part with Indian rubber, to remove the dust.

To restore damaged Parchments.—When a deed becomes almost illegible, immerse it in cold spring water for about a minute, and then press it between two sheets of blotting paper, to prevent its shrivelling. If, when dry, the characters do not appear quite legible, repeat the process.—The following composition is also effectual for this purpose. Bruise and infuse two or three nutgalls in half a pint of white wine, and let the bottle stand in the sun, or near the fire. Wash the paper or parchment with a sponge or a soft brush dipped in this infusion; but if the letters are indistinct, add more galls, and increase the heat.

To extract Oil or Tallow from Books.—Gently warm the spotted part of the book; and as the grease melts, take up as much of it as you can by repeated applications of soft blotting paper. When no more can be imbibed, dip a camel-hair brush in the essential oil of rectified spirits of turpentine, heated to nearly a boiling state, and wet both sides of the paper that has been previously warmed. This process is to be repeated till the grease is all extracted, when another brush, dipped in highly rectified spirits of wine, being passed over the part, the spots will wholly disappear.

To preserve Books from Worms.—Bookbinders ought to mix in their thin paste alum and vitriol, which would effectually secure the volumes from the depredations of mites; but as the owners of valuable works cannot be sure in this respect, they ought to keep their books well brushed, and occasionally dusted on the inside and edges with powdered alum.

To clean Gold and Silver Lace.—Sew the lace in a linen cloth, and boil it in a pint of water with two ounces of soap, after which wash it out in clean water. When lace is tarnished, apply to it a little warm spirits of wine. Some use calcined hartshorn for cleaning silver lace and trimmings.

To clean Gilt Chains, &c.—Dip a soft brush in water, rub a little soap on it, and rub the article for a minute or two, then wipe, and place it before a fire to dry, after which clean it with burnt bread finely powdered.

To tin Copper Saucepans.—As many families, living at a distance from towns, have no opportunity of sending their copper utensils to be re-tinned, it may not be unuseful to teach them how the process can be performed by any one possessing common dexterity. For this purpose, the vessel ought to be previously scoured and dried, then exposed to a moderate heat, with such a portion of pure grain-tin as may be sufficient to cover the inner surface. When the metal is melted, a small quantity of sal-ammoniac should be strewed over it, and immediately after it a whisk or roll of coarse or hard-twisted flax must be employed to spread the composition uniformly over the bottom and sides of the utensil. To improve the coating, about a third part of zinc may be added to the tin, though the latter alone will produce the desired effect, if it can be had in a pure state.

To preserve Potatoes.—It has been ascertained that potatoes, being washed, cut into slices, and then dried on a malt kiln till the moisture is exhausted, may be preserved for years, and as fit for use as at first. They have also been peeled, then sliced, and dried hard enough to bear grinding in a common mill, after which, the flour has been barrelled and sent to the West Indies, from whence it has returned perfectly good.

To make Potato Starch.—Wash the potatoes well, so that no earth remains on them, and then pare or scrape them clear of the skin. Next take several earthen pans, half filled with pure water, and grate the potatoes therein, moistening them at times, but without pressing them too hard. When the pans are all filled, let them stand to settle, then pour off the water by inclining them gently, lest the finer parts of the potato should run off with the liquid. The grated substance may then be put into fewer pans, within four or five fingers' breadth of the top, and then filled with pure water. Stir the potato matter well about, and after it has settled, pour off the water as before. This process must be repeated several times, till the substance becomes perfectly white and fine, after which let it stand to dry in the sun.

To preserve Potatoes from Frost.—Dig, in a dry spot, some trenches six feet wide, and eighteen inches deep; spread straw therein, and pile the potatoes in the form of the roof of a house. Cover them tight and close with straw, to the thickness of six inches or more, and then with earth, from fifteen to eighteen inches; flattening the whole regularly and firmly till the top is raised sharp, from about three to five feet above ground.

To avoid moisture, dig a trench at a few yards' distance, deeper than those which contain the potatoes.

Persian method of making Yeast.—Take a wine-glassful of split peas, pour on them a pint of boiling water, and set it all night on the hearth or any other warm place. In the morning there will be a frothy substance on the liquid, which will be good yeast. If the weather is cold, it must stand longer to ferment.

To make fine Ginger Beer.—Get a gallon of soft water, (rain water, if clear, is the best,) and put into it about two pounds of the best refined lump sugar; two fresh lemons sliced; two ounces of powdered ginger; and a dessert-spoonful of cream of tartar. Simmer them over the fire for half an hour, but without boiling. Then add a table-spoonful of yeast, ferment it in the usual way, and bottle it for use. It is an excellent stomachic, and good against flatulence.

Substitute for Table-Beer.—To ten quarts of water, put a bottle of porter, and one pound of brown sugar or treacle; adding, if approved, a spoonful of powdered ginger. Put this mixture into bottles, cork them loosely, and in three days it will be fit for use.

To prepare Aromatic Vinegar.—Take of common vinegar, any quantity; mix with it of powdered chalk, or common whiting, sufficient to destroy the acidity. Let the whole matter subside, and pour off the insipid liquor; after which dry the powder in the open air, or by the fire. When dry, pour upon it sulphuric acid as long as any white acid fumes continue to ascend. Stone vessels are the most proper to be used for this article, which is the acetic acid, or aromatic vinegar. It is good for purifying rooms where contagion is suspected.

To make Vinegar with Malt Liquor.—For ten gallons, mix half an ounce each of cream of tartar, alum, and bay salt, well pulverized, with one of the liquor, made boiling hot, and pour the whole as soon as dissolved into the cask with the rest. Cover the bung-hole with brown paper, and in a few days it will be good vinegar.

To preserve Fresh Meat.—Beef and mutton have been preserved in a sound state through a whole voyage to the West Indies, by the following method. When the meat is cold, it is cut up in quarters, and sprinkled with these ingredients: *lignum vitæ*, in chips, one pound; common salt and coarse sugar, each four ounces; *sal prunella*, half an ounce. When well covered, close the whole in sheet lead, lay it in a chest, and fill it up with sawdust. When taken out to be dressed, it must be carefully cleaned, and roasted immediately.

To restore Meat.—All kinds of animal food, particularly bacon, beef, or mutton, when too long kept, or improperly cured, so as to be partially tainted, may be perfectly recovered, and rendered sweet, by being buried in fresh earth, a foot deep, for a few days.

To preserve Eggs.—Put into a tub or cask, one bushel, Winchester measure, of quick-lime, two pounds of salt, half a pound of cream of tartar, and mix them together with as much water as will reduce the composition to a consistence capable of bearing an egg to swim in it above the liquid. Put therein as many as the vessel will conveniently allow.

A Substitute for Soap.—Put any quantity of pearl-ash into a large jar, covered from dust, and in a few days it will become a liquid mass. Dilute this with double its quantity of soft water, and add thereto as much newly slacked lime. Boil it half an hour, stirring it frequently, then add as much more hot water, and draw off the liquor, when the residue may be boiled again, and drained till it ceases to feel sharp to the tongue. Much soap and labour may also be saved, by dissolving alum and chalk in bran-water, in which the linen is to be boiled, then well rinsed out, and bleached. Soap may even be rendered superfluous, or nearly so, in the getting up of muslins, by washing them in plain water, and then boiling them in rice water; after which they must not be ironed, but passed through the mangle.

A simple Filtering Vessel.—Where water is to be filtered in large quantities, a particular kind of soft spongy stone is commonly employed. But though the water percolates through this substance finely for some time, an obstruction at last occurs, by the filling up of the pores, which cannot be cleared. A better method seems to be, to have a wooden vessel, lined with lead, three or four feet wide at the top, and tapering like a funnel to the bottom, with an orifice. The under part should be filled with very rough sand or gravel, previously freed from earth by washing, and over this some of a finer sort, to the depth of twelve inches or more. Let the vessel be then filled up slowly with water, which will soon filter through the sand, and run out at the lower extremity in a transparent state. When the uppermost sand becomes clogged, it may be taken off, and washed clean.

To obtain pure Rain Water.—Place an earthen vessel in the ground, where it may not be affected by smoke, or polluted in any way. The pure element thus received from the clouds, should be put into clean bottles, and the corks well secured with wax. This water, which will keep many years, is excellent for medicinal purposes.

Balls to kindle Fire.—Knead with a little water, equal parts of coal, charcoal, and clay, (the two former reduced to powder,) into small balls. When thoroughly dried, they are to be used instead of wood for kindling fires, but may be rendered more inflammable by immersing them in a solution of nitre. In Flanders, the small dust of pit-coal is converted into fuel by moulding it with clay into balls. For this purpose, the coal is sifted, and the larger fragments reduced to a coarse powder, which is mixed with the general mass. A tub is then filled up about one-third with some tenacious clay and water, enough to form a consistency equal to thick paint. Then make a cavity in the coal, pour the clayey composition into it, and stir the whole well together till the parts are incorporated. Make the mass into balls or bricks, and dry them under cover for a fortnight or more, according to the weather. A bushel of this fuel will make a more powerful and lasting fire than the same proportion of coal.

To extinguish Fires in Chimneys.—Lay on the grate a heap of wet horse-litter from the dunghil, and the steam in ascending will quickly overpower the flame. Care must be taken that the litter is sufficiently wet, and the fire in the grate strong enough to raise a great steam. Any other materials that will produce a large body of steam will have the same effect. When the soot in the lower part of a chimney catches, the flame may be easily put out, by hanging a wet blanket before the fire-place, which will stop the current of air.

To extinguish Fire.—As soon as the engine is ready to work, stir into the water seven or eight pounds of pearlash in powder, and continue to add it in this manner as occasion requires. Whatever burning wood this solution is played upon, will be extinguished immediately.

To render Wood Fire-proof.—Dissolve in cold water as much potash as it will hold in solution, and spread the same over all the boards intended to be preserved. Then dilute the same liquid with a little water, adding to it some fine yellow clay, till the whole is as thick as paint. Stir into this mixture a small quantity of the paste used by paper-hangers, and combine both substances thoroughly. By coating wood with this composition three or four times, it will resist the action of fire.

Another way is, to put into a pot an equal quantity of pulverized iron filings, brickdust, and ashes. Pour over these, glue-water or size; set the whole near the fire, and, when warm, stir them well together. With this mixture wash over all the wood, and, when dry, give it a second coat.

The following composition is also recommended as a security of wood from fire. Mix and pulverize one ounce of sulphur, as much red ochre, and six ounces of copperas. Spread the wood over with common glue, and lay the powder thereon repeating the process three or four times. Paper

and linen may be defended by the same composition, only using water instead of glue.

Fire Escape.—Into the upper part of a window-frame drive a strong staple, and hang thereto a bag, containing a rope, knotted at intervals, and long enough to reach the ground on the outside.

When the dress of a female or child unfortunately takes fire, the best way is to wrap round the person the hearth-rug, blanket, or carpet, and lay the sufferer down on the floor, by which means the flame will be easily extinguished. The inflammability of muslins may be prevented by rinsing them out in an infusion of strong alum water.

A Composition for Wooden Roofs.—Boil some tar and finely powdered charcoal in an iron pot, keeping the whole well stirred, till reduced to the thickness of mortar. Spread this on the boards with a wooden trowel, to the thickness of about the fifth part of an inch.

Composition for Damp Walls.—Boil two quarts of tar with two ounces of kitchen grease in an iron pot, for a quarter of an hour. Put some of this, with a mixture of slacked lime and powdered glass, previously passed through a hair sieve, and completely dry, over the fire, in the proportion of two parts of lime and one of glass, till the whole is of the consistence of a thin plaster. It must be used immediately, and one coat will be sufficient, unless the wall is very wet, when a second application will be necessary. The cement must be covered with plaster.

Composition for preserving Palings and Gates.—Melt twelve ounces of rosin in an iron pot, add thereto three gallons of train oil, and three or four rolls of brimstone. When melted, and become thin, put in a sufficient quantity of Spanish brown or yellow ochre, ground fine with oil. Lay this mixture on hot with a brush, like paint. When dry, give it a second coat.

A cheap method of House Painting.—For white, bruise some lumps of curd, and put them into an earthen pan with an equal quantity of lime well quenched in water, and thick enough for kneading. Stir this mixture briskly without any additional water, and a white fluid will be produced, which must be applied directly with a brush. When two coats have been used, it may be polished with a woollen cloth, and afterwards done over with the white of an egg. The colours may be varied by mixing ochre, armenian bole, &c. with the lime.—The following is another economical paint: Dissolve eight pounds of glue in boiling water, and slack with it a bushel of quick-lime, till it is as thick as paint. Lay on three coats of the composition with a brush, each coat being dry before the next is put on. Ochre or any colour may be mixed with the wash.—To give a blue colour to ceilings, proceed thus: Boil slowly for three hours a pound of blue vitriol, and half a pound of fine whiting, in three quarts of water. Stir it frequently while boiling, and also after taking it off the fire. When cold, pour off the blue liquor, then mix the cake of colour with size, and apply it with a brush to the wall or ceiling.

To purify Oil for Colours.—Make a ball of paste with bone ashes and water. Put it into the fire till red-hot, and immerse it for an hour in raw linseed oil. When cold, pour the oil into bottles, and add to it daily a little of the bone ashes; let it stand to settle, and in twenty-four hours it will be fit for use.—To prepare oil for fine colours, supersaturate it with common salt, and the same quantity of water. Mix the whole together in a stone bottle, place it in the sun, shake it often, and in a few days it will be fit for use. Linseed oil is commonly blanched by adding to every gallon two ounces of litharge. The whole is then shaken every day for a fortnight, after which it is left to settle. The clear oil is next poured off into shallow pans, with half a pint of spirit of turpentine to each gallon, and set in the sun. In three days it is fit for use.

RECEIPTS IN PERFUMERY.

Pomatum.—For soft pomatum, beat half a pound of fresh lard in water, then soak and beat it in two rose waters, after which, drain, and beat it with two spoonfuls of brandy. When drained from this, add some essence of lemon, and put it in pots.—For hard pomatum, prepare equal quantities of beef marrow and mutton suet, as before, with brandy, then put the composition into moulds or bottles, and add the proper scent.

Pomade Divine.—Take one pound and a half of clean beef marrow, put it into an earthen pan with fresh spring water, and change the same night and morning, for ten days. Then steep it in rose water twenty-four hours, and drain it on a cloth. Take an ounce each of storax, gum-benzoin, and cypress powder, half an ounce of cinnamon, two drachms of cloves, and the same of nutmeg, all finely powdered. Mix these with the marrow, and put the whole into a pewter pot, over which lay a rag with a paste made of the white of an egg and flour, and upon that another piece of linen. Put the pot into a copper kettle of boiling water, keeping it steady four hours. Strain the ointment through a cloth into pots, and, when cold, cover them. It must not be touched with any thing but silver, and will keep for years.

Pot Pourri.—Put into a China jar the following ingredients in layers, with bay salt strewed between them: two pecks of damask roses, partly blown and partly in buds; of violets, orange flowers, and jasmine, a handful each; of orrice root sliced, benjamin, and storax, two ounces each; a quarter of an ounce of musk; a quarter of a pound of angelica root sliced; a quart of the red part of clove gilliflowers; two handfuls of lavender flowers; half a handful of rosemary flowers; and the same quantity each of bay and laurel leaves; three Seville oranges stuck thick with cloves, dried in a cool oven and pounded; half a handful of knotted marjoram, and two of dried balm of Gilead. Keep all these ingredients closely covered, and whenever the pot is opened, it will diffuse an exquisite odour.

Oil of Jessamine and other Flowers.—Moisten some carded cotton with oil of benzoin, and arrange it on a hair sieve placed in a dish. Then cover the cotton with fresh jessamine or other flowers, about three-quarters of an inch thick. Lay over them another dish reversed, and cover both with a cloth. After digesting three or four hours, take the flowers away gently, and add fresh, repeating the process several times. When the cotton is well charged with odour, put it in a press, squeeze out the oil, and keep it in a phial closely stopped.

Essence of Flowers.—Lay a quantity of the petals of any flowers in an earthen vessel, and sprinkle thereon a little fine salt. Next dip some cotton into the best Florence oil, and lay it on the flowers, continuing a layer first of the one and then of the other till the vessel is full. Cover it with a bladder, expose it to the heat of the sun, and in about a fortnight a fragrant oil will be extracted from the mass.

Essence of Lavender.—Take the blossoms from the stalks in warm weather, and spread them in the shade for twenty-four hours on a linen cloth; then bruise, and put them into warm water, and leave them closely covered near the fire four or five hours. After this, distil them in the ordinary way.

Rose Water.—When the roses are full-blown, pick off the leaves, and allow a peck to a quart of water. Put them into a cold still over a slow fire, and distil gradually; bottle the water, and cork it up in two or three days.—Milk of roses is made by mixing an ounce of oil of almonds with a pint of the above water, and adding to it ten drops of the oil of tartar.

Eau de Luce.—Put into a bottle two ounces of rectified spirit of wine, one drachm of oil of amber, two drachms each of salt of tartar and powder of amber, and twenty drops of oil of nutmegs. Shake these well together, and let them stand five hours, after which, filter the mass, and bottle the liquor. When you would make *eau de luce*, put some of this into the strongest spirits of sal-ammoniac.

Eau sans Pareil.—Put one quart of spirits of wine, one ounce of essence of bergamot, two drachms of tincture of musk, into half a pint of water, and bottle it for use.

Wash for the Face.—Mix a quart of milk and a quarter of a pound of saltpetre beaten to powder. Add thereto a little of the oil of aniseed, and rather less of the oil of cloves, with about a quarter of a gill of white wine vinegar. Put these into a bottle, and place it in sand half way up, exposed open to the sun, or in some warm place, for a fortnight; afterwards cork it up for use.—An infusion of horse-radish in milk makes an excellent wash, and so does the fresh juice of house-leek, mixed with an equal quantity of new milk or cream. Honey water applied to the skin in frosty weather, will keep it from being chopped.—Another elegant wash is made of four ounces of potash, as much rose water, two ounces of brandy, and two of lemon juice, mixed in two quarts of water. A spoonful or two of this composition put into the basin, will finely scent and soften the water intended to be used.

Almond Milk.—Blanch, and beat in a marble mortar, five ounces of bitter almonds, with a spoonful of white wine. Then mix together the whites of three new-laid eggs, three pints of spring water, and one pint of white wine. Strain the liquor through a fine cloth, and bottle it for use.

Almond Paste.—For the white sort, take one pound of bitter almonds, blanch, and beat them fine, put thereto the whites of four eggs, with one ounce of French white, and gradually add rose water and spirits of wine till it is of the consistence of paste. The brown is made of one pound of bitter almonds, with the addition of the same quantity of raisins of the sun, stoned, beaten, and mixed together with a little brandy.

Windsor Soap.—Scrape some of the best white soap very thin, melt it in a stew-pan over a slow fire, scent it well with oil of caraway, or other odour, and pour it into a mould. After standing three or four days in a dry place, cut it into square pieces.

Essence of Soap.—Pound one ounce of Venice, Castile, or other fine soap, with a quarter of an ounce of salt of tartar, in a marble mortar. Add to this, by degrees, half a pint of lavender water, and incorporate the whole together; filter it, and keep the liquid in bottles closely stoppered. When wanted, pour a few drops into a spoonful of water, beat the mixture to a batter, and it will be superior, for shaving, to any unprepared soap.

RECEIPTS IN DYEING.

Black Dye for Linen.—Mix in a bottle, with a quart of soft water, two ounces and a half of aqua-fortis; add gradually as much litharge, cork it up, shake it, and keep it in a warm place. After a few days, pour the liquor into a vessel, and put in the linen, having been previously well washed. Let it remain ten or twelve hours, then take it out, wash, and rinse it three times in cold water, and dip it in a weak solution of glue. Rinse it again, and hang it in the shade to dry. Next boil for ten minutes, three-quarters of an ounce of bruised galls in a quart of soft water, and add the same quantity of salt. When this last is dissolved, boil the linen about eight minutes; after which, wash and wring it three times, and set it to dry as before. Meanwhile, prepare a liquid compound of three-quarters of an ounce each of copperas and salt dissolved in a quart of hot water, put the linen therein for eight or ten

minutes, and on taking it out, wash, rinse, and hang it up to dry. To give it the black colour, boil three-quarters of an ounce of logwood for seven or eight minutes in somewhat more than half a gallon of soft water, to which add a quarter of an ounce of starch, previously mixed with cold water. When the solution takes place, boil the linen in it for seven or eight minutes, and rinse it as before. If the dye is not deep enough, dip it again as often as necessary. Lastly, dip it in a cold solution, prepared by boiling an ounce of bruised galls in a quart of glue water, in which dissolve an ounce of copperas. After remaining an hour in this liquor, take it out, and dry it in the shade.

Black Dye for Silk.—Pour three pints of water into a copper, and add two pounds each of beaten galls and sumach, four ounces of antimony finely powdered, two ounces of madder, the same of ox gall, and one ounce of gum tragacanth. Dissolve them, and put in a quantity of dry elder bark in powder, two pounds of vitriol, and twelve ounces of iron filings. Pour off the water, and boil the rest two hours, after which, fill up the copper with half a pailful of the malt water drawn off by brewers. Boil it again half an hour, and put in the silk, continuing the boiling for the same length of time. Then take it out, rinse it in a copper of water, and return it to the dye. On taking it out again, rinse it in river water, hang it up to dry, then put it into the dye again, and let it boil slowly half an hour. Rinse it in the copper as before, afterwards in river water, and then dry it. Lastly, put one ounce each of sal-ammoniac, and powdered antimony, with two handsful of iron filings, in a copper, and make it as hot as possible. Put in the silk for an hour, then draw it through a weak solution of gum tragacanth, and hang it up to dry. To give it a lustre, dissolve one ounce of isinglass, for every pound of silk, in water, and pass the dyed article, when dry, through it.

Yellow Dye for Silk.—Boil the silk in alum and potash, and rinse it well. Then set on the fire a kettle of water, and put therein two pounds of East Indian yellow wood for every pound of silk, and when it has boiled an hour, add three ounces of bruised galls for every pound of the wood. Boil them half an hour, then put in the silk, and stir it all the time. Wring it out of the kettle with a little ley made of potash, and then put it into the dye again, after which, leave it to cool for a night. Next morning, beat, rinse, and dry it.

Blue Dye for Linen or Woollen.—For every half pound of indigo, take eight pails of water, and six handsful of coarse wheaten bran, eight ounces of madder, and one pound and a half of potash. Simmer these together, and when the liquor in boiling bubbles up, throw in two or three quarts of cold water, and rake out the copper fire. Pour the whole into a vat coated on the inside with lime, and cover it up. Having already dissolved the indigo in a quart or three pints of water, add half a handful each of bran and madder, and half an ounce of potash. Leave it all night in a moderate heat, bruise it with a pestle till it is a soft pulp, and then put it to the other ingredients. Stir the whole three or four times, cover it close, and let it stand six hours. After it is settled, throw in a handful of powdered lime, cover it again, and let it stand three hours longer. Next put in half a pound of potash, stir it well, cover it up, keep it warm, and let it stand for the same length of time. Lastly, give it another stirring, and in an hour or two it will be fit for use. Hang in it five pieces of linen, but keep the ingredients from them with the hand. Wring them out one with the other, and if they feel rough from the dye, throw in half an ounce of potash. Then put in the pieces again, and let them continue two hours, after which, add five more, and so on as long as the dye is sufficient. When the linen is done, woollen stuffs may be put in with the addition of two pailsful of water, two handsful of bran, an ounce of madder, and a quarter of a pound of potash boiled as before.

Blue Dye for Paper.—Levigate one ounce of indigo in a glass mortar, and gradually pour on it four ounces of concentrated vitriolic acid, and keep stirring it with a glass pestle two or three hours. Put the mixture, in small portions, into as much water as will suffice to produce a deep shade. A fine blue may be made with a spoonful of this liquid in thirty or forty spoonfuls of water. If to be used for writing ink, there must be an addition of finely pulverized chalk, mixed with the solution in small quantities.

To dye Calico of a Buff Colour.—Rub on a pewter dish, a little Spanish annotta, after which boil it in a quantity of water for a quarter of an hour. Put therein two ounces of potash, stir it well, and put in the cloth, keep working it about for some minutes, and then shift it to cold pump water. Lastly, hang it up to dry without wringing. This is a good method of drying the linings of furniture.

Pink Dye.—Wash the calico well, and dry it, then boil it in two gallons of soft water, with four ounces of alum, after which, hang it up in the air. Meanwhile, boil in the alum water two handfuls of wheaten bran till smooth, and strain it. Take two scruples of cochineal, and two ounces of argol pounded and sifted, which must be mixed gradually with the liquor. Then put in the calico, and boil till the quantity of liquor is almost wasted, and keep stirring the stuff. On taking it out, wash it in charcoal lie, and next in cold water, then rinse it in strained water starch, and dry it quickly. Calender or mangle it highly.

Blue Dye for Calico.—Wash it clean, then mix some of Scot's liquid blue in as much water as will be sufficient to cover the articles, adding a little starch to stiffen them.

To dye Cotton with Madder.—The cotton is to be boiled first in common olive oil, and then in mild alkali, after which it will take the madder dye. This is the method used in Smyrna for dyeing cotton yarn.

Green Dye for Linen.—Lay the linen all night in alum water made strong, dry it well, and in the mean time boil some broom or dyer's weed an hour. Take out the broom, and put in half an ounce or more of pounded verdigris. Stir it well, and work the linen about in it thoroughly; adding thereto some potash. Stir the linen again in the liquid, and it will be yellow, but when dried in the air, and thrown into a blue vat, it will become green.

Crimson Dye for Woollen, &c.—Boil about twelve gallons of water, and put in sixteen handfuls of wheaten bran, stir it well, let it stand to settle all night, and in the morning strain off the liquor. Mix one half of this with as much clear water as will admit the cloths to be worked about in it, and having boiled the liquor, add one pound of alum, and half a pound of tartar. Boil these well, put in the cloths, and keep on the same degree of heat for two hours, stirring them all the time. Boil the rest of the bran and water with an equal quantity or more of clear water, and when the heat is highest, put in four ounces of cochineal, and two ounces of white tartar, powdered. Stir the whole, and keep on the boiling, during which put in the cloth, and agitate it till every part has taken the required colour.

To dye Leather Gloves, &c.—Steep saffron in boiling soft water for about twelve hours, slightly sew up the tops of the gloves, to prevent the dye from staining the inside, and wet them over with a sponge dipped in the liquid. A common cupful of the dye will be enough for a pair of gloves. This gives the colour of buff, tan, or yellow. To dye gloves purple, boil four ounces each of logwood and of roche alum, in three pints of soft water, till reduced one half. Strain it off, and let it stand till cold. Do over the gloves with a brush, and when dry, repeat the process. When dry, rub off the loose dye with a coarse cloth, beat up the white of an egg, and with a sponge rub the gloves all over.

To extract Carmine from Scarlet Cloth.—Take five or six gallons of pure water, and dissolve therein as much potash as will make a strong ley. After filtering the solution, pour it into a brass kettle, and boil in it a pound of the clean shreds of fine scarlet broad cloth dyed in grain, till the colour is wholly extracted. Then squeeze the shreds, and pass the ley through a flannel bag. Repass it, and if the liquor retains a red tinge, it must be boiled again with a little dissolved alum, then passed through the bag again, when all the carmine will be left behind. Pour fresh water repeatedly into the bag, till all the alum is washed out, after which, dry the colour, and reduce it to a powder on glass or marble.

To renovate Black Clothes.—Having carefully cleaned them from dust, take out the spots of grease, if any, with turpentine, the smell of which may be destroyed by essence of lemon. For black clothes, boil a few chips of logwood in a little water, and sponge the cloth with it.—Or, make a strong infusion of galls, and a solution of copperas and green vitriol, or sulphate of iron, and either moisten the parts separately, or mix the liquids in a phial.

To correct Foul Smells.—Throw five or six pounds of quick-lime, with a sufficient quantity of ashes or soap suds, into the place affected. If the stench is merely temporary, it may be overpowered by aromatic vinegar.

To detect Damp Sheets.—After the bed is warmed, lay a goblet or rummer between the sheets, and if they are damp, the sides of the glass will be wet. This caution is of importance in travelling.

Phosphorus Bottles.—Heat a phial in a pailfull of sand then put into it two or three bits of phosphorus, stir them about with a red hot wire, till the melted substance spreads over the inside of the bottle, like a red coating. Then cork it for use. The end of a match put into the bottle, will, on touching the phosphorus, become ignited.

To clean Feathers.—To every gallon of clear water put a pound of quick-lime, and when the latter is precipitated in fine powder, pour off the clear liquid for use. Put the feathers into a tub, and add to them lime water enough to cover them about three inches, when stirred, and kept down. Let the feathers remain three or four days, after which, separate the foul water from them by laying them on a sieve. Wash them in clean water, and dry them on nets, shaking them frequently. Those which fall through the meshes are to be collected for use.

Black Ink.—Put four ounces of bruised Aleppo galls into three pints of rain water, and at the end of a fortnight, add an ounce of copperas, and stir the whole several times for three days. Then put in an ounce each of gum-arabic and logwood shavings, with a quarter of an ounce of alum, and as much sugarcandy. Keep the vessel near the fire for ten or twelve days, and then strain off the liquid, which will be improved by the addition of a little pure spirits.

Red Ink.—Infuse four ounces of the raspings of Brazil wood, with two drachms of powdered alum, in a pint each of vinegar and rain water. Let them stand two or three days, and then boil the whole over a moderate fire, till a third part of the liquid has evaporated. After standing to settle two or three days, filter it through paper, and cork the bottles close.

Sealing Wax.—To every ounce of shell or seed lac, add half an ounce of rosin, and as much vermilion, all in powder. Melt them gradually, and when cool, form the composition into sticks. Black sealing wax is made in the same way, only using ivory black instead of vermilion.

Wafers.—Mix finely sifted wheaten flour with the white of eggs, or a solution of isinglass, and a little yeast. When well incorporated, and reduced to a proper consistence with gum water, spread the batter on tin plates, and place it over a stove or charcoal fire.

Varnishes.—What is called Chinese varnish is directed to be made in the following manner: Take of gum lac in grains four ounces, put it into a strong bottle, with one pound of spirits of wine, and add about the size of a hazel nut of camphor. Set the bottle in the sun in summer, or in the hot embers twenty-four hours, shaking it occasionally, then pass the contents through fine cloth, and bottle the clear liquor.

A varnish for umbrellas or silk may be thus made: Boil together two pounds of turpentine, one pound of powdered litharge, and two or three pounds of linseed oil. When an article is brushed with the varnish, dry it in the sun.

The following composition is recommended as a varnish for drawings and prints: Mix one ounce of Canada balsam and two ounces of spirits of turpentine, but before the varnish is applied, the print should be sized with a solution of isinglass in water.

To make a varnish for straw or chip hats, take half an ounce of black sealing wax, bruise it, and put to it two ounces of spirit of turpentine, melt them gently by placing the bottle that contains them in boiling water, or near the fire. When the wax is melted, lay it on warm with a hair brush near the fire.

An excellent varnish is made by putting one quart of spirits of wine^{*} into a wide-mouthed bottle, and adding thereto eight ounces of seed lac. Let it stand two days or more in a warm place after shaking it, then strain it through a flannel into another bottle, and it is fit for use.

[* mulligated spirit]

MEDICAL RECEIPTS.

The Asthma.—Coffee has been recommended on high medical authority as an abater of asthmatic fits. A strong infusion of it should be taken every quarter or half an hour, and without milk or sugar. Both in moist and dry asthma, the following pills will prove efficacious. Gum ammoniac powdered, and asafoetida, each one drachm, and of balsamic syrup enough to make twenty-four pills, of which three are to be taken twice a day. Or, mix an equal quantity of oxymel of squills and cinnamon water, and take a table-spoonful three or four times a day. For the dry asthma, take three, five, eight, or ten grains of the powder of ipecacuanha in small doses. People subject to the asthma ought to avoid all flatulent food, and things hard of digestion. They should also use daily exercise, particularly riding on horseback. Smoking tobacco has been of service in some asthmatic cases, and a few years since, uncommon virtue was ascribed to the datura stramonium, or thorn apple, for the same purpose.

The Gout.—For this disorder there is no radical cure, and the nostrums that have been from time to time pompously announced as absolute specifics, have sunk into oblivion, after filling the pockets of the crafty, and deceiving the hopes of the credulous. Among these infallible remedies was one imported from abroad, with the title of "Eau de Medicinale;" for a small phial of which, the modest sum of five guineas was exacted! For a time, wonders were said to be performed, and some persons of rank were the dupes of the folly. At last it was found, that this boasted expeller of the gout consisted of nothing more than an extract of the meadow saffron, (*colchicum autumnale*), which is a powerful expectorant and diuretic. The plant, however, may be used with some effect, if taken in a fresh state, for it is inert when dried. The dose of the recent bulb is from half a grain to three grains made into a pili.

Another remedy for the gout, but of older date, is the famous Portland powder, the composition of which is said to be this: Equal parts of round birchwort and gentian roots, the tops and leaves of germander, ground pine, and centaury. Dry, pulverize, sift, and incorporate these ingre-

dients, of which a drachm is to be taken every morning in tea, or other warm liquid, fasting an hour and a half after the dose. When this course has been pursued three months, the dose may be reduced to half a drachm.

The Rheumatism.—Take ten grains of Dover's powder, and if the dose does not produce perspiration, repeat it two or three times, drinking frequently warm barley-water or gruel.

A tea-cupful of Buckbean tea, sweetened with brown sugar, taken three or four times a day, is very efficacious in obstinate rheumatism. Externally, great benefit has been derived from an application of very coarse brown paper to the parts affected.

The following is an old and popular remedy for rheumatic complaints in America. Take two cloves of garlic, one drachm of gum-ammoniac, and bruise them together. Make two boluses of this with clear water, and take one at night and one in the morning, after which, drink copiously of sassafras tea made strong.

For the Lumbago.—Take of camphor two drachms, dissolve it in an equal quantity of oil of turpentine, and add of basilicon an ounce, black soap half an ounce, and volatile sal-ammoniac half a drachm. Spread the composition on leather, and apply it to the part.

The Ague.—The best remedy in the intermittent fever is the Peruvian bark, taken in port wine, but on many stomachs it sits most easily when mixed with milk, or a similar liquid. From six drachms to an ounce of bark is the proper dose for an adult patient, taken immediately after the fit; but two scruples, or even a drachm, may be given at a time, according to the state of the stomach. In a quotidian, that is, an ague which returns every day, a dose should be taken every two hours; in a tertian, or that which returns every other day, once in three hours; and in a quartan, every four hours. Where the disorder is extremely violent, Fowler's solution of white arsenic may be given, in doses of seven to ten drops every six hours, in tea.

Flatulencies or Wind.—Among the most efficacious remedies for wind in the stomach and bowels, are asafoetida, ether, and opium. Ether may be taken in the quantity of two tea-spoonsful or more in four table-spoonsful of water. Ten grains of asafoetida, with half a grain of opium, made into two pills, will also be of benefit. If laudanum is used for the same purpose, fifteen drops may be taken in peppermint water, with double the quantity of sweet spirit of nitre.

Quinsy, or Inflammation of the Throat.—In this disorder, the patient should keep as quiet as possible, with his neck wrapped in flannel. Bathing the feet and legs in warm water is also of great importance. For a gargle, sage tea, mixed with a little vinegar and honey, will be of advantage, and, in addition, black or red currant jelly may be employed. If the phlegm is tough, put a tea-spoonful of the spirit of sal-ammoniac to half a pint of the preceding mixture, and gargle the mouth every three hours. For an opening medicine, take an infusion of senna, or a decoction of figs and tamarinds. Poultices of bread, milk, and oil, may be applied to the neck.

The Erysipelas.—This disorder, like the gout, requires to be treated with great attention, especially in regard to outward applications, which are in general dangerous. Nothing answers so well as a bit of soft flannel, upon which is sprinkled some flour or powdered starch. Meanwhile, the body is to be kept open with gentle purges, as senna, crystals of tartar, and manna. Bathing the feet and legs in warm water will also be of service, where the upper parts of the body only are affected. The use of nitre has been much recommended in this disease, and doubtless nothing is more suitable to abate inflammation; but when taken in large doses, it is apt to produce sickness. Ten or fifteen grains may, however, be given every three or four hours in the patient's

drink. If the swelling sinks, and the humour strikes inwards, port wine ought to be given freely, and the following draught every six hours: Peppermint water three table-spoonsful, salt of hartshorn five grains, and aromatic confection half a drachm. Mix these, and dissolve therein a little loaf sugar.

Scorbutic Affections.—Mix equal quantities of cream of tartar and flowers of sulphur in treacle, and take the quantity of a walnut three times a week.—Or, take one drachm of the tincture of cardamom seeds, fifteen drops of ipecacuanha wine, and as much of the flowers of sulphur as will lie on a shilling; mix them in half a glass of weak wine, and take it on going to bed, once or twice a week.

A Catarrh or Cold.—By proper attention, nothing is easier than to get rid of a cold at the beginning, and nothing more difficult to cure if it is neglected. The first thing to be observed is moderation in diet, and a total abstinence from all strong liquors. Water gruel should be taken at bedtime, and the legs bathed in warm water, while, to favour perspiration, it will be advisable to lie longer in bed than usual. If the stomach is loaded with phlegm, an emetic of ipecacuanha will be of service, after which, two table-spoonsful of the following saline mixture should be taken every two or three hours: Of mint water half a gill, salt of wormwood three drachms, juice of lemon four table-spoonsful, and sugar half an ounce.

A cold is commonly attended with a cough, for which, take a table-spoonful of a mixture made of lemon juice, honey, and sugarcandy pounded in equal parts. But if the cough is very troublesome, and the matter expectorated is tough, dissolve two drachms of gum ammoniac in half a pint of mint water, and let the patient, if a grown-up person, take two table-spoonsful of the mixture three times a day. Squills also afford an excellent remedy, used either in the vinegar, tincture, the oxymel, or the syrup. Two ounces of either may be mixed with an equal quantity of cinnamon water, and a table-spoonful taken twice or thrice a day. To allay a tickling in the throat, take of oil of almonds, and the syrup of white poppies, each an ounce: mix them with three drachms of sugar, and take a spoonful occasionally.

The white horehound is also a good remedy in obstinate coughs. A drachm of the dry leaves in powder, or two ounces of the expressed juice, or an infusion of half a handful of the fresh leaves, may be taken for a dose.

In all habitual coughs, it is of advantage to wear flannel next the skin, which, by promoting perspiration, keeps the lungs from a fluxion of humours, that might otherwise fall upon them.

The following is also a good medicine in a cough. Boil one ounce of linseed in a quart of water, till the latter is half wasted, then add six ounces of moist sugar, two ounces of sugarcandy, half an ounce of Spanish liquorice, and the juice of a large lemon. Simmer the whole slowly till it becomes a syrup, and when cold, put to it two table-spoonsful of old Jamaica rum.

Spitting of Blood.—In the first place, venesection will be necessary, after which, the body should be kept open by some gentle purgative, as the lenitive electuary, of which a tea-spoonful may be taken two or three times a day, or, instead of that, Epsom salts. Lastly, take of conserve of roses four ounces, nitre powdered half an ounce, and simple syrup as much as will make an electuary. Of this the bulk of a nutmeg is to be taken, four times or oftener in the course of a day. Ten or fifteen grains of nitre, with the same quantity of spermaceti, may be substituted for the electuary.

The diet should be slender and cooling, the patient be kept quiet, and the extremities bathed frequently in warm water. A syrup for coughs and spitting of blood may be made of six ounces of comfrey root, and

twelve handfuls of plantain leaves, beaten, and the juice mixed with an equal quantity of sugar, and boiled.

Treatment of Consumption.—At the commencement of this malady, which frequently originates in sudden cold, or irregularity of living, the patient should pay a proper attention to regimen, eating nothing but what is easy of digestion, avoiding all strong liquors, and using as much exercise, with change of air, as possible. Buttermilk, when it agrees with the stomach, is an excellent remedy in this disorder; and if a vegetable diet, combined with milk, is adopted, and strictly adhered to, considerable benefit may be reasonably expected. The following medicine in consumptive cases is said, on good authority, to have proved very efficacious. Form a bolus of myrrh, powdered, from ten to thirty grains, with honey, and take it two or three times a day. If there is much tendency to inflammation, combine with the myrrh a little nitre or cream of tartar.

Pain of the Stomach.—This complaint, which is commonly called the heartburn, may arise from indigestion, sharp humours, improper food, or a weakness of the stomach. In ordinary cases, nothing more will be necessary than to keep the body open, to be attentive to diet, and to take small doses of calcined magnesia and rhubarb. If the symptoms are peculiarly troublesome, take of the powder of crabs' claws and sugar, each two drachms, and oil of cinnamon two drops. Of this mixture take a tea-spoonful two or three times a day. When the pain is attended with a discharge of clear lymph, it is called the water brash, in which case, the best remedies are the bark and stomachic bitters. In an habitual pain of the stomach, which indicates a relaxation of that organ, fifteen or twenty drops of the elixir of vitriol may be taken twice a day, in chamomile tea, or any other vehicle. If attended with costiveness, the occasional use of aloetic pills will be proper; and both ends may be answered by a combination of equal parts of Peruvian bark and rhubarb, infused in wine or brandy.

The Headache.—When this complaint arises from fulness of blood, venesection or cupping will be requisite. When it is the consequence of gouty or rheumatic humours, blisters should be applied to the back, and the extremities bathed in warm water. But if, as is frequently the case, it proceeds from a foul stomach, an emetic should be first adopted, after which, it will be proper to take two or three table-spoonful a day of an infusion of gentian root, and the rind of Seville orange, in white wine. When the headache is occasioned by costiveness, it must be relieved by a purgative, of which castor oil is the most speedy in its operation. If it is the result of a weakness of the nerves, the stomach must first be cleansed by a gentle vomit, and the bowels by some mild laxative, after which the bark bitters and steel should be taken in conjunction with the chalybeate waters. In lieu of these, ten drops of the tincture of muriated iron may be taken twice a day, with a dose of the bitters. The Peruvian bark combined with the root of the wild Valerian, will also be found of benefit, and may be taken either in the form of an infusion, a tincture, a powder, or an electuary. Persons of a nervous habit should be attentive to their diet, and use moderate exercise, particularly on horseback. Externally, washing the head with vinegar has a good effect, as likewise with a little spirits, or even ether. Horse-radish applied to the temples has been known to give almost immediate relief, and errhines, or remedies to produce sneezing, are also of special service in affections of the head. Among these, ground-ivy and betony, dried, pulverized, and taken as snuff, are to be recommended. The following essence will also relieve pains of the head: Put two pounds of French spirit of wine into a stone bottle, with two ounces of alum powdered, four ounces of camphor cut small, half an ounce of essence of lemon, and four ounces of volatile spirit of sal-ammo-

niac. Stop the bottle close, and shake it three or four times a day for a week. When used, pour a little in the hand, and rub the part affected.

The Toothache.—Extraction is the only effectual remedy, where a particular tooth is decayed, and become carious. When this is not the case, and the complaint is occasioned by a flux of humours to the part affected, purgatives, and bathing the feet in warm water, should be adopted. Perspiration ought also to be promoted by drinking wine whey, and taking ten or fifteen grains of nitre, two or three times a day. For external applications, blisters behind the ears are most advisable, and a poultice of linseed has also been employed with good effect to abate the pain. Where a tooth is hollow, and the patient is unwilling to have it extracted, the essential oil of wild marjoram dropped upon some cotton wool, will be serviceable. The same end may also be answered by a mixture of equal parts of the tincture of opium and myrrh, a few drops of which may be introduced into the tooth on a little cotton.

The following is recommended as a preservative of the teeth and gums. Mix six ounces of tincture of Peruvian bark with half an ounce of sal-ammoniac. Shake it well before it is used. Take a tea-spoonful, and, with a finger dipped in it, rub the gums and teeth, after which, wash them with warm water.

Inflammation of the Ear.—If this complaint be the effect of cold, the head must be kept warm. If it proceed from sharp desfluxions, a warm infusion or decoction of poppy heads may be injected into the ear. But if the disorder is occasioned by the intrusion of an insect, the smoke of tobacco will be a proper application, after which, a little warm oil may be poured into the part. Should the pain be very troublesome, add a few drops of laudanum.

Inflammation of the Eyes.—In obstinate cases of ophthalmia, great benefit has been received from the use of errhine medicines, or those which cause sneezing. For this purpose, the powder of the leaves of the asarabacca, taken as snuff, has proved eminently efficacious. It is indeed the basis of most of the cephalic snuffs.

The edges of the eyelids may also be touched with red nitrate of quicksilver finely levigated, to which a little opium is added. Great care must be taken in the application, and the eyes kept closed for some time afterwards.

For the cure of watery eyes, it is only necessary to wash them with brandy and water, and to keep the body open by gentle laxatives, drinking at the same time, daily, a pint of the decoction of the woods.

The Colic.—When no symptoms of inflammation occur, a glass of brandy or other spirits, will be the best remedy in a windy colic. But the bilious colic, which prevails most in summer, must be treated differently. If the pulse is full and quick, bleeding and an emetic will be proper, the patient drinking plentifully of an infusion of chamomile tea, or something of a like kind, to work it off. Clysters and purgatives should also be given; the former consisting of milk and water, with a little salt, moist sugar, and sweet oil; the latter, of two table-spoonsful of castor oil, and fifteen drops of laudanum. A scruple or more of powdered colombo root in mint tea is also an excellent remedy in this severe disease.

The Hiccup.—When this complaint proceeds from a surfeit, or any indigestible food, it may be removed by a glass of peppermint water, or a small quantity of spirits. But if it arises from a foulness of stomach, the best remedy is an emetic. When flatulence is the cause, a bit of ginger, either chewed, or the powder taken in water, will be of service. Snuff, by exciting sneezing, is also useful in ordinary cases; and holding the breath as long as possible, will put a stop to the complaint. But

when obstinate, take fifteen or twenty grains of musk, made into a draught with three table-spoonsful of water, thirty drops of the compound spirit of lavender, and a little sugar. This may be taken two or three times a day. The last resource is opium, which may be taken combined with other medicines, or fifteen drops of laudanum in the draught just mentioned.

Cramp of the Stomach.—When this complaint is attended with an inclination to vomit, the discharge should be promoted by chamomile tea. After this, a laxative clyster ought to be given, followed by one of warm water, and the addition of a little laudanum. This may be repeated with more of the opiate, if the symptoms continue. The patient should also take, every four or five hours, a bolus made of half a scruple of musk and half a drachm of Venice treacle. The part affected ought also to be rubbed with some anodyne balsam, and a plaster of Venice treacle laid upon the stomach.

Nightmare.—This disorder proceeds generally from indigestion, and the best preventive is exercise, and a light supper. If an oppression, however, is felt at first going to bed, a little brandy, or a glass of peppermint water, will be of service.

Hooping Cough.—The practice of giving oily and balsamic medicines in this disorder, is very erroneous, by overloading the vessels, which require a discharge. The expressed juice of pennyroyal, mixed with lump sugar, will be found extremely beneficial throughout the complaint. Besides this, take of the powder of Peruvian bark two drachms, of castor two scruples, spearmint water half a pint, and syrup of sugar two table-spoonsful. Of this mixture, give to a child of four years of age three tea-spoonsful every four or five hours, and so on in proportion.

For the Worms.—When worms exist in the bowels, they are to be carried off by purgatives, but parents should be careful to avoid the advertised nostrums, most if not all of which are composed of mercury; and fatal effects have resulted from them. Two remedies highly useful in this complaint, are wormseed and cowhage. Ten or fifteen grains of the former may be given with a little treacle three times a day. With regard to the cowhage, it is the hairy part scraped off from the pods, that is to be used, mixed with common syrup, and a tea-spoonful taken twice a day. Bearsfoot is also a very powerful vermifuge. The juice of the green leaves is to be made into a syrup, with coarse sugar. Before the juice is expressed, the leaves should be moistened with vinegar. The dried leaves may also be given in powder, but with caution, as the effects are powerful. Another excellent remedy against worms is the male fern, the root of which may be given in a powdered state, in doses of one to three drachms.

Low Spirits.—When nervous complaints are attended with a load at the stomach, nothing is more proper than to excite a gentle vomiting by a dose of ipecacuanha, or an infusion of chamomile. After this, the bowels should be cleared by taking a decoction of sal-polycrest, dissolved in half a pint of warm water, two or three mornings successively. Persons afflicted with low spirits should use much exercise, be circumspect in their diet, and occasionally indulge themselves with a glass or two of generous wine. The following mixture will also be of service, when they are particularly depressed: Take of the tincture of asafoetida, castor, compound spirit of lavender, and sweet spirit of nitre, each two drachms. Thirty or forty drops of this may be taken in a glass of water.

Fainting Fits.—Sprinkle the hands and face of the patient with vinegar or cold water, and rub the temples with brandy or strong vinegar. Cause him also to smell to some volatile salts or spirits, and if possible, get him to swallow a little wine or cordial. If these means are ineffectual, bleeding, if the person is not of a delicate habit, will be necessary, and afterwards a clyster.

The Jaundice.—In the beginning of the disorder, if the patient is young, and in full habit of body, it will be proper to bleed, and to apply a warm fomentation of chamomile flowers to the region of the liver. The warm bath will also be of service, and the body should be kept open with a mixture of Castile soap, powder of rhubarb, and tartarized kali, made into pills with simple syrup, and two or three taken twice a day. The diet must be light, and the patient should take daily exercise, which will be better if on horseback.

Diarrhœa, or Looseness.—This may be occasioned by cold, improper food, the stoppage of a customary evacuation, acrid substances in the stomach, or agitation of mind. If it proceeds from the first, the patient should keep warm, drink diluting liquors, and bathe his feet in warm water. If there is a load on the stomach, an emetic will be requisite. In an obstruction of the necessary discharges, bleeding must be adopted. When the complaint arises from acrid substances, mucilaginous liquids may be taken, with small doses of laudanum. If it proceeds from acridities, take powder of chalk two ounces, gum-arabic half an ounce, and water three pints; boil down to one quart, and after straining the decoction, add two table-spoonsful of brandy, and sweeten with white sugar. A wine-glass of this may be taken every two or three hours. When diarrhœa is occasioned by mental irritability, it must be treated cautiously. Ten or twelve drops of laudanum may be given every eight or ten hours, in a cup of barley water, or linseed tea. Diarrhœa is sometimes produced by weakness of the stomach and bowels, in which case take twice a day half a drachm of a powder made of one ounce of Peruvian bark, and half an ounce of rhubarb, in a glass of port wine, or ten grains of the angustura bark, with one or two grains of the salt of steel, and decoction of logwood. Persons liable to be seized with looseness of the bowels, would do well to wear flannel next the skin.

The Hæmorrhoids or Piles.—These are distinguished into the *bleeding* piles and the *blind* piles. Sometimes they appear without any previous indisposition, but are more frequently preceded by headache, colical pains, and sickness, with a sense of itching and pain about the seat. Where blood is discharged, it commonly follows the fæces, but at times it comes away spontaneously. As costiveness is the general cause, laxative medicines should be had recourse to, for which purpose, take of the electuary of senna two ounces, flowers of sulphur one ounce, and mix them with syrup enough to form a proper consistence. A tea-spoonful of this is to be taken three or four times a day; or, instead of it, the simple mixture of equal parts of flowers of sulphur and cream of tartar may be substituted. If the bleeding continues long, astringents must be adopted, for which purpose take half a drachm of the powder of bark, with ten or fifteen drops of the elixir of vitriol. This should be taken three or four times a day, in a glass of port wine.

In the blind piles, bleeding will be necessary, with a cooling diet, and an attention to the state of the bowels. If the piles are internal, softening clysters will be advantageous; but when external, apply the following: Mix of simple ointment half an ounce, with a tea-spoonful of laudanum. Should the part be much swelled, leeches will be serviceable; and if they fail, the lancet must be used.

Hæmorrhages.—One of the most frequent hæmorrhages is bleeding at the nose, and it shews the superiority of nature over art in the cure of many diseases, for a spontaneous discharge by this channel is often of more service than the same quantity let by a lancet. A bleeding at the nose, therefore, ought not to be too speedily checked, lest fatal effects ensue, by the rupture of a vessel or an extravasation in the brain. But when the evacuation continues till the pulse becomes languid, and the patient is faint, it should be instantly stopped. For this purpose, the body must be set upright, and both the legs and hands immersed in water, a little

warmed. The garters should also be tightened, and ligatures applied to the arms, slackening them gradually as the bleeding decreases. Cold water or metal applied to the back of the neck, will sometimes stop the effusion, as also will dry lint put up the nostrils. This last will be more effectual if dipped in brandy, strong vinegar, or a solution of vitriol and water. For spitting or vomiting of blood, drinking cold water alone has proved of service, but it will be better to dilute it with vitriolic acid. The acetate of ceruse, combined with opium, will be found most beneficial in such discharges; after which, gentle purgatives should be given.

The Dropsy.—There are different kinds of dropsical swelling, all taking their names from the parts affected. In the beginning, and where the constitution is not broken, this may be cured by vomits, purgatives, and regimen. For the first, take half a drachm of ipecacuanha, followed by an infusion of chamomile flowers. Half a drachm of the powder of jalap, with five or six grains of calomel, will form a suitable purgative, and may be taken in the morning, made up into a bolus, with some syrup. A grain or two of elaterium will also prove of great efficacy, both as an emetic and purgative. This course is to be occasionally pursued, and in the mean time the patient should take medicines to promote an urinary discharge and perspiration. For promoting the first, take an ounce of juniper berries, and half an ounce of the tops of broom, boil them in a pint of water, and to the strained liquor put half an ounce of mustard seed. After infusion, strain again, and dissolve in the liquor two drachms of the crystals of tartar. Four table-spoonful of this are to be taken five or six times a day. To excite perspiration, prepare the following draught: Take of the waters of spearmint, peppermint, and acetated ammonia, each half an ounce, compound spirit of lavender thirty drops, tincture of opium fifteen or twenty drops. During this course, the patient may take a glass twice a day, of an infusion of Peruvian bark, rust of iron, and orange peel, in strong white wine. Among the more powerful diuretics, the digitalis purpurea, or foxglove, has obtained a high distinction for its efficacy in hydropic cases, but it is rough in its operation, and must be administered with caution. Take four ounces of the leaves of the digitalis, boil them in a quart of water till reduced to a pint, add a table-spoonful of brandy, and bottle the liquor for use. A table-spoonful of this may be taken night and morning, regulating the quantity according to the age and strength of the patient.

For the Stone and Gravel.—The following receipt formerly obtained considerable credit for its efficacy as a solvent of calculous concretions. Take eight ounces of potash, and four ounces of quick-lime, fresh from the kiln. Mix them, and put them in a glazed earthen vessel. Pour thereon a quart of soft spring water boiling hot, and let it remain twenty-four hours, stirring it frequently, after which, bottle it for use, and drink of it regularly. The daucus or wild carrot seed has been also strongly recommended on high authority, for its benefit in the stone and gravel. About six or seven of the heads are to be infused in a teapot, and half a pint taken twice a day, sweetened with brown sugar. The time for gathering the plant is in August, but the seeds may be kept till the return of the season. An infusion of the same in good ale has also been efficacious in calculous complaints. Half a pound of the seeds for this purpose are to be suspended in a muslin bag in a cask of six gallons. To these popular remedies it may be proper to add, that the leaves of the arbutus, or uva ursi, dried and pulverized, have been found eminently useful in calculous and gravelly complaints. The dose is half a drachm, taken every day.

The Itch.—For this troublesome disease, various remedies are in request, though perhaps the most certain one is sulphur, which should be

used both internally and externally. Two ounces of the flowers may be made into an ointment with four ounces of hog's lard or butter, and two drachms of crude sal-ammoniac, or the root of white hellebore, and if half a drachm of the essence of lemon be added, it will take away the disagreeable smell. Of this unguent, about the quantity of a nutmeg should be rubbed upon the arms, legs, thighs, or other affected parts, at bedtime. Meanwhile, take, night and morning, a mixture in equal proportions of the flowers of sulphur and cream of tartar in a little treacle or milk. The clothes worn during the application of the ointment, should not be used again till they have been fumigated and washed. A strong infusion of tobacco is also a remedy against the itch, but a much safer, and more effectual one, is a decoction of the plant called saponaria, or bruise wort.

The Scald Head.—This consists of little ulcers at the roots of the hair, and discharging a humour that becomes a dry scab, with an offensive smell. For this disorder, which is very obstinate, the following plaster has been strongly recommended: Take of common ale one pint, of the finest flour three ounces, mix them well, set them on a brisk fire, and add two ounces of yellow rosin, stirring the whole till perfectly incorporated, with a glutinous appearance. Before laying on the plaster, wash the head well, and apply thereto a poultice of bread and milk. The body ought in the mean time to be kept open with senna, cream of tartar, or some other aperient.

To remove Warts.—Rub them with a little impure potash, or lapis infernalis, moistened, till a whitish paste appears on the surface, over which lay a sticking plaster. Aqua-fortis also laid on with the point of a quill, taking care not to touch the neighbouring parts, will eradicate warts. Others recommend the daily application of the tincture of muriated iron.

To extract Corns.—Among the numerous means for removing these excrescences, one is, to bathe them half an hour in warm water, and then to pare them as much as possible without giving pain; after which, a little wax ointment is to be applied. Another method is, to allow the corn to grow through a piece of perforated leather, properly secured with a plaster, and afterwards to loosen them by picking round the root.

For Chilblains.—Dissolve one ounce of crude sal-ammoniac, alum, or common salt, in half a pint of strong vinegar, and bathe the part, if not broken, twice or thrice a day. When the chilblains are of long standing and obstinate, touch them with equal parts of liquid opodeldoe, and the tincture of Spanish flies. If they break, apply a poultice, and dress them with basilicon and a little turpentine.

Extreme Cold.—When the hands or feet are severely pinched by the intenseness of the frost, people are apt to run to the fire. Instead of this, they ought to keep from it till they have brought themselves to some warmth by friction and other exercise. In cases where the cold has benumbed the faculties, and life appears suspended, the body should be rubbed all over with snow or cold water, to which it will be advisable to add some common salt. The friction must be continued for a long time, and, when animation returns, the bath should be used.

Burns and Scalds.—The pain of burns and scalds may be instantly abated by immersing the part in cold water. Vinegar also, with or without powdered chalk in it, is very efficacious. Some, however, recommend spirits of turpentine, and others lime water with linseed oil. For dressing the sores arising from burns or scalds, apply a poultice of bread, water, and sweet oil, and let it lie six hours; after which, cover the part with powdered chalk, and place another poultice over the whole.

Sprains.—In some places it is a practice with country people to immerse a sprained limb in cold water, which is a very good method if

done immediately. But if a swelling comes on, this expedient is improper. The best application is the following: warm vinegar, spirit of mindererus, volatile liniment, and a poultice of oatmeal, vinegar, and oil. But nothing is more effective than ease continued for a due length of time.

Bruises.—Slight bruises may be fomented with warm vinegar, adding, if requisite, a little brandy. In more violent cases, bleeding will be proper, and the part fomented with vinegar and water; after which, apply a poultice of bread, elder flowers, and chamomile. When the bruise is attended with great pain, twenty-five or thirty drops of laudanum may be given, and repeated if necessary. For an embrocation, dissolve an ounce of camphor in a pint of rectified spirits of wine.

Poisons.—The effects of poison being sudden and violent, it is proper that every person should be acquainted with the means of counteracting them.—On swallowing arsenic, a burning heat and pinching pains are felt in the stomach and bowels, accompanied with extreme thirst, and an inclination to vomit. If immediate relief is not afforded, death soon ensues; therefore, let the patient drink large quantities of milk and honey, or warm water mixed with oil, butter, or any thing fat. To bring off the poison, give half a drachm or two scruples of ipecacuanha, or half a drachm of white vitriol, and a tea-spoonful of volatile spirits. Clysters of the same kind will also be proper. When by these means a discharge has been effected both ways, the patient should drink plentifully of barley water, with gum-arabic and spermaceti, keeping the body open with some laxative medicines. For other mineral poisons, the same process may be adopted, but no medicine will be better than a solution of alkali in these cases. Vegetable poisons may be counteracted by a solution of white vitriol in warm vinegar and water, assisted by oil, butter, and other softening fluids.

Bites of Venomous Animals.—The bite of the mad dog is the most dreadful of maladies, and one for which a cure can hardly be expected. The only certain remedy is to cut out the part immediately, and to cicatrize the wound, or to apply thereto the strongest ointment of quicksilver. The patient should also take a vomit, and frequent doses of musk, camphor, and opium. Bathing in salt water is also considered as efficacious.—For the bite of a viper, rub the wound with some of the grease of the animal, or, in failure of that, apply a poultice of bread and milk, and let the patient drink freely of vinegar whey, or water gruel with vinegar in it.—For the sting of insects, as the bee, wasp, &c. anoint the part with warm oil, but if much inflamed, apply poultices of bread, milk, and oil, taking internally ten or fifteen grains of nitre every three or four hours. The late Dr. Cook, of Leigh, in Essex, relates a curious instance of the swallowing of a live wasp in some beer, by a labourer, in the time of harvest. When called in, the patient was almost strangled, and, as the case appeared desperate, the doctor mixed immediately some honey, oil, and vinegar, of which he succeeded in getting down a tea-spoonful or two, and thereby saved the patient's life.

Obstructions in the Gullet.—When any substance is stopped in swallowing, there are two ways by which it may be removed; by extraction, or forcing it downwards. The former is the safest mode, if it can be adopted. Where surgical assistance is not at hand, vomiting ought to be excited, either by ipecacuanha, or a clyster of tobacco, made by boiling an ounce of the strongest sort in a sufficient quantity of water. When the obstructing substance can be pushed into the stomach with safety, a piece of whalebone or a wax candle may be inserted for the purpose.

Persons apparently Drowned.—On the discovery of the body, it should be stripped immediately, and, if a child, laid between two naked persons in bed; but if an adult, the body should be laid on a couch in a sloping posture, with the head a little raised. In winter, the room ought to be

heated with a good fire: but in summer, the body may be exposed to the solar beams. After wiping it dry with warm cloths, it ought to be well rubbed again with flannel, upon which some brandy or other spirituous liquor has been sprinkled. Bottles filled with hot water, or heated bricks wrapped in flannel, are then to be applied to the hands and feet. The warming-pan also may be moved up and down the spine. An effort is next to be made to inflate the lungs, for which purpose a person should with his hand stop the mouth and one of the nostrils, while another blows gently with a pair of bellows into the other. If bellows should not be at hand, some assistant ought to apply his mouth to that of the object, and breathe forcibly therein. After this, the breast is to be pressed slightly downward, to expel the air again, as in the act of respiration. If these means prove ineffectual, a clyster of mulled wine, strong brandy and water, or some other stimulant, should be thrown up immediately. The agitation of the body is also to be maintained, by moving it in various directions; nor should patience be exhausted, though the process is continued for some hours. When a slight tremor or contraction is felt, the exertions should be redoubled, and if an electrical apparatus is at hand, it may be used to advantage. On the appearance of reviving animation, a spoonful of warm brandy, or wine and water, should be passed down the throat, the patient laid in a bed, and kept perfectly quiet till the restoration is completed. The same means may be followed in cases of suspension by the cord, with this difference only, that bleeding will be necessary, either by venesection, or the application of cupping glasses and leeches.

Intoxication.—A person so overcome with liquor as to be helpless, ought not to be left alone till his clothes are loosened, and he is laid in a posture the most favourable for the continuance of the vital functions, and the discharge of an overladen stomach. The best posture, therefore, is to lay him upon his belly, and when asleep he may be shifted on one side, with his head a little raised, care being taken that he has nothing too tight about his neck. To allay thirst occasioned by drinking, nothing is so good as tea and vomiting, which ought always to be attended to; an infusion of chamomile flowers will be proper.

THE END.



INDEX.

- AGUE, medical treatment of the, 538
 Aitchbone of beef, to carve, 33
 Alamode beef, how to make, 157
 Ale posset, how to make, 357
 Ale, Welsh, method of brewing, 445; Windsor, *ibid*; China, 447
 Allemand sauce, 77
 Allspice, essence and tincture of, 54
 Almonds, hog's puddings with, 106; almond pudding, 302; fraze, 315; tarts, 367; puffs, 369; custard, 371; cheesecakes, 374; cream, 380; cakes, 396; biscuits, 404; to make burnt, 408; sugared almonds, 409; paste of, 417, 533; candied almond cake, 422; milk, 553
 Alum, not injurious in bread, 432; finings, 470
 Amber pudding, 302
 Anchovy, essence of, 54, 55; paste and powder, *ibid*; toast, 351
 Angelica tart, 307; to candy, 422; water, 475
 Anised cordial, to make, 463
 Apple, sauce to make, 69; pudding, 307; dumplings, 368; fritters, 312; water, 355; pies, 365; puffs, 369; jelly, 376; postilla, 387; compote of, 416; marmalade, 417; to dry, 421; bread, 436; nutritious properties of apples, 534
 Apricot, pudding, 309; jam, 378; cakes, 397; how to preserve apricots, 409; compote of, 416; to dry, 420; chips, 422; to make apricot wine, 456
 Aromatic vinegar, to prepare, 549
 Arrow root, preparation of Indian, 354
 Artichokes, how to dress, 267; to keep, 275; pie, 286; eggs and, 342; to pickle, 429
 Asparagus, soup, 130; to dress, 265; peas, *ibid*; eggs and, 341; to pickle, 431; nutritiousness of, 534
 Asarabacca, its medicinal virtues, 561
 Asses' milk, virtues of, 359; artificial, *ibid*
 Asthma, treatment of the, 557
- B
- BACON, to choose, 5; to cure, 92; how to boil, 199; to dress liver and, 328; eggs and, 341; fraize, 348; indigestible, 532
 Baking, directions for, 42
 Barberry, jam, to make, 377; cream, 382; ice water, 383; how to preserve barberries, 412; to pickle, 428
 Barley broth, to make, 116, 117; gruel, 353; water, 355; cream, 382; sugar, 407
 Basil vinegar, to make, 18
 Bath cakes, to make, 395; buns, 402; rolls, 436
 Bathing, on the virtues of cold, 527
 Batter pudding, to make, 293
 Beans, to boil French, 266; how to keep, 274; to pickle, 427; to dress Windsor, 267; pudding, 307
 Bechamel, how to prepare, 79
 Beef, directions for choosing, 1; how to keep, 24; to carve joints of, 33; gravy, 49; sauce for boiled, 81; beef gravy sauce, *ibid*; to salt, 87, 88; hunter's, 88; to cure, 89; hung, *ibid*; to pickle for present use, *ibid*; Irish, *ibid*; family, 98; to collar, *ibid*; hams, *ibid*; to pot, *ibid*; beef broth, 115; tea, *ibid*; to boil a round of, 148; to force a round, *ibid*; an aitchbone, *ibid*; to stew a ramp, 149; to bake a rump, *ibid*; rump en matelotte, 150; a la Daube, *ibid*; to roast a sirloin, *ibid*; dress the inside of a sirloin, 151; sirloin en epigram, *ibid*; mock hare, *ibid*; to roast a baron of beef, 152; ribs of beef *ibid*; a porcupine of ditto, *ibid*; a brisket stewed, 153; to press beef, *ibid*; to stew a leg, *ibid*; to bake a leg, 154; beef romblane, *ibid*; beef collops, *ibid*; beef bonilli, 155; hashed beef, *ibid*; to fricassee cold roast, 156; beef a la royale, *ibid*; beef escalot, *ibid*; to hash dressed, *ibid*; ragout, *ibid*; Portugal beef, 157; beef olives, *ibid*; beef alamode, *ibid*; steaks to cook, 158, 159, 160; beef gobbets, 161; a fricandeau of beef, *ibid*; rolled beef, *ibid*; a la Vingrette, 162; to mince, *ibid*; Sander's beef, *ibid*; Cecil's beef, *ibid*; bubble and squeak, *ibid*; red beef, 163; beef cakes, *ibid*; beef steak pie, 277; patties, 290; steak pudding, 293; palates, 322; kidneys, 324; drink, 361; nutritious properties of, 532
 Beer, directions for brewing, 439; to make spruce, 445; treacle, 446; to make ginger, 549; substitute for table, *ibid*
 Beast custard, to make, 372
 Beet root, to boil, 262; to keep, 274; to pickle, 427
 Beetles, to destroy, 541
 Benton sauce, to make, 65
 Beverages, composition of pleasant, 360
 Bilboquet fritters, to dress, 313
 Birch wine, to make, 458
- Birds, to truss small, 30; a sauce for, 76, to pot, 102; in jelly, 346
 Biscuits, to make fruit, 388; various kinds of, 402
 Bitters, composition of wine and spirituous, 472
 Black, to dye, 553, 554; clothes to clean, 546
 . . . caps, to make, 388
 . . . clothes, to renovate, 555
 Blackberry wine, to make, 456
 Blacking, to make liquid, 547
 Blanc mange, method of making, 377
 Blanc, Dr. his method of preserving beef, 87
 Blanquet de seau, 177
 Blood, remedy for spitting of, 559
 Bloomers, to dress, 344
 Blue dyes, 554, 555
 Bockings, to make, 315
 Boiling, general directions for, 39
 Bologna sausages, to make, 104
 Bonne-Bouche, a sauce for goose, 65
 Books, to remove stains from, 548; to preserve from worms, *ibid*
 Brains, to dress calf's, 329; to stew sheep's, 334
 Brandy posset, to make, 357; cream, 379; cherry, 465; raspberry, 467
 Brawn, how to choose, 5; mock, 97; sauce for, *ibid*
 Bread sauce, how to make, 61; sippets, 64; pudding, to make, 295, 296; soup, 368; directions for baking wholesome, 432; a family, 434; economical, *ibid*; French, *ibid*; rice, 435; leavened, *ibid*; diet, *ibid*; hunting, *ibid*; apple bread, 436; how to keep, 507; nutritious qualities of, 533
 Brewing, directions for, 439
 Brewis, a charitable dish, 362
 Bride cake, 393
 Bristol cakes, how to make, 394
 Brocoli, how to boil, 263; salad of, 273; to dress eggs and, 341; to pickle, 426
 Broiling, directions for, 42
 Broths, how to make, 112; beef, 115; cheap, *ibid*, veal, 116; mutton, *ibid*; barley, *ibid*; beef, mutton, or veal, 117; calf's feet, *ibid*; chicken, *ibid*; a nourishing, 118; pork, *ibid*; eel, *ibid*
 Browning for sauces, 64
 Bruises, treatment of, 566
 Brunswick mum, to brew, 472
 Bubble and squeak, how to dress, 162
 Buckinghamshire mode of curing bacon, 98
 Buff colour, to dye a, 555
 Bugs, to destroy, 541
 Buns, methods of making, 401
 Burns and scalds, to treat, 565
 Bustard, description of the, 7
 Butcher's meat, directions for choosing, 1
 Butter, how to purchase, 16; to melt, 46; to clarify, 47; burnt, *ibid*; oiled, *ibid*; to thicken, 46; cake, 395; to make, 476; to preserve, 477; to purify rancid, 478; to freshen salted, *ibid*; its use in diet, 533
 Butter milk pudding, 305; salutary quality of, 560
- C
- CABBAGE, to dress partridges and, 221; grouse and 222; to boil, 262; to pickle purple, 426; considered as an article of diet, 533
 Cake, to dress veal, 325
 Cakes, to make, 390-400; to make tea, 436, 438
 Calendar, the culinary, 493
 Calf's head, to carve, 34; sauce for, 76; how to collar, 99; soup, 122; how to boil half a, 179; to stew, *ibid*; to hash, 180; fricassee, *ibid*; Dutch way of dressing, 181; pluck, 328; heart, *ibid*; kidneys, *ibid*; liver, *ibid*; brains, 329; feet ragout, 330; ears, *ibid*
 Calf's foot broth, 117; pie, 279; pudding, 295, jelly, 374
 Calico, to dye, 555
 Camp vinegar, to make, 19
 Candles, how to purchase, 507
 Candying, directions for, 421
 Caper sauce, to make, 66; mock ditto, 67
 Capillaire, to make, 419, 470
 Capilotade, how to make a, 345
 Capons, to choose, 6; to roast, 205
 Caraway cakes, to make, 398; comfits, 409; cordial, method of making, 463; brandy, 467
 Cardoons, to dress, 268
 Carmine, to extract from scarlet, 556
 Carp, to choose, 14; to boil, 239; to fry, 240; to stew, *ibid*; German mode of dressing, 241; pie, to make, 287
 Carrier sauce, 65
 Carrots, sauce of, 76; to make soup of, 146; how to boil, 261; to keep, 274; pudding, 301

- Carving, directions for, 31
 Cask, to sweeten a musty, 461
 Cassia, how to candy, 422
 Catsup, to make mushroom, 57; walnut, 58; oyster and cockle, 59
 Caudle, to make, 356; for the poor, 362
 Cauliflowers, how to dress, 263; with white sauce, *ibid*; and parmesan, 264; to pickle, 426
 Caveach, to make, 109
 Cayenne pepper, properties of, 20; essence of, 21
 Celery, essence of, 56; how to make celery sauce, 69; soup, 146; to fry, 268; to stew, *ibid*; to ragout, *ibid*.
 Cements, useful, 544
 Chambermaids, directions to, 516
 Champagne, how to make British, 448
 Chantilly basket, to make, 399
 Charcoal, its antiseptic properties, 23, 26
 Charlotte pudding, 308
 Cheese, how to choose, 16; to pot, 103; to prepare toasted, 350, 351; damson, 418; directions for making, 478, 481; its dietetic qualities, 533
 Cheesecakes, directions for making, 364, 373
 Cherry wine, to make, 455; brandy, 465, 466
 Cherries, water, 474; to keep, 410; conserve of, 418; syrup of, 419; how to dry, *ibid*.
 Chervil sauce, how to make, 78
 Cheshire pork pie, 282
 Chesnut pudding, 309
 Chevreuil sauce, a composition of, 80
 Chickens, to choose, 6; to truss, 29; broth, to make, 117; to boil, 207; to stew, *ibid*; to roast, *ibid*; to fricassee, *ibid*; curry, 209; artificial, 218; pie, 283; fritters, 313; and puffs, 346; in savoury jelly, *ibid*; and tongue, *ibid*; directions for rearing, 484
 Chilblains, remedy for, 565
 Children, directions for the treatment of, 538
 Chilo, to dress a Chinese, 330
 Chimney pieces, to blacken stone, 543
 China ale, how to brew, 447
 Chinese temple, to make a, 423
 Chocolate, to make, 351; tart, 367; puffs, 370; cream, 381; biscuits, 404; caution in using, 534
 Chops, sauce for, 56, 63; to broil mutton, 185, 186; lamb, 191
 Cider, to prepare vinegar from, 424; method of making, 461
 Cinnamon, how adulterated, 21; essence of, 54; cakes, 399; cordial of, 463; water, 474
 Citron pudding, 306; how to keep citrons, 413; cordial, 464
 Claret, how to make English, 447
 Clary wine, method of making, 457
 Cleanliness essential to health, 526
 Cloth, to make it water-proof, 546; liquid for cleaning, *ibid*; to whiten, 545
 Clothes, to renovate black, 556
 Clothing, on attention to, 528
 Cloves, to prepare essence of, 53; syrup, how to make, 419; cordial, composition of, 463
 Coals, advice in the purchase of, 508
 Cocoa, how to make, 352
 Cock-a-leeky, how to dress, 143
 Cockle catsup, to make, 59
 Cod, to choose, 13; to carve, 32; to boil, 234; to stew, 235; to dress the head and shoulders, *ibid*; to roast the head of a, 236; to bake, *ibid*; ragout of, 237; cod's sounds, to dress, *ibid*; fricassee of, *ibid*; to dress a salted, 238; a curry of, *ibid*; to make a cod pie, 287
 Codlin cream, to make, 381; to keep codlins, 412; to pickle, 430
 Coffee, to make, 351; its valuable qualities, 534
 Colcannon, method of dressing, 260
 Cold, remedies for a, 559, 565
 Colic, remedies for the, 561
 Coleworts, how to boil, 263
 Collaring, directions for, 45; to collar beef, 90; a sucking pig, 97, 98; breast of veal, 99; calf's head, *ibid*; breast of mutton, *ibid*; lamb, 100; venison, *ibid*; salmon, 107; mackarel, 108; eels, 109; neck of pork, 336
 Collops, to dress veal, 175; mutton, 187; beef, 324
 Colouring for sweetmeats, 407
 Colours, to purify oil for, 551
 Composts of pigeons, 216; apricots, 416; apples, *ibid*; pears, *ibid*
 Compounds, art of making British, 462
 Confectionary, the art of, 363
 Conserves, preparations of, 418
 Consumption, method of treating, 560
 Cook, Captain, his mode of curing pork, 93
 Cooks, advice to, 23; 521
 Copper utensils, danger of, 257, 509; how to tin them, 548
 Cordials, directions for making, 462; waters, 473
 Coriander cordial, to make, 465
 Corns, how to extract, 565
 Cotton, to dye, 555
 Cough, draught for a, 361; marmalade for a, 418
 Cowhage, its efficacy against worms, 562
 Cowheel, sauce for, 76; to pot, 102; to dress, 164
 Cowslip pudding, 306; wine, 452
 Crabs, how to choose, 15; methods of dressing, 253
 Cracknels, to make, 401
 Cramp in the stomach, treatment of, 562
 Cranberry tart, 365; how to keep cranberries, 445
 Crane, to carve a, 38
 Cray fish, to choose, 15; to pot, 110; soup, 141; in jelly, 254
 Cream, to dress cauliflowers with, 263; pancakes, 311; various sorts of for fruit pies, 369, 378, 383, 387; to scald, 386; cream cake, 394; to increase the quantity of, 478; to keep, *ibid*; cream cheese, to make, 480; difficult of digestion, 533
 Cress vinegar, to make, 18
 Crickets, to destroy, 541
 Crimson dye for woollen, 555
 Crocates, to make French, 348
 Crumbs, fried, 64
 Crumpets, to make, 437
 Cucumber sauce, 81; to stew, 267; to pickle, 425
 Culinary ingredients, description of, 16
 Culinary preparations, 86
 Cullis, how to prepare, 50
 Cumberland, the duke of, his pudding, 304
 Curd pudding, 305; puffs, 370; and cream, 386; curd star, *ibid*
 Currant, sauce to make, 68; fritters, 314; jelly, 375; jam, 377; water, 384; cake, 397; to make currant paste, 417; wine, 450; shrub, 469
 Currants, how to keep, 410, 415
 Curry balls, to prepare, 85; soup, 139
 Curry, to make chicken, 209; lobster, 253
 Curtains, to clean damask, 546
 Custard pudding, 301; fritters, 312
 Custards, directions for making a variety of, 371, 373
 Cutlets, sauce for, 63; to dress veal, 174, 175; mutton, 187
 Cyprus wine, to make an artificial, 454
- D
- DABS, to boil, 244
 Dairy, economy of the, 476
 Damp, composition against, 551
 Damsons, to preserve, 414; to keep, 415; cheese, to make, 418; to dry, 420; wine, 455
 Dartmouth pie, 280
 Davenport fowls, to dress, 206
 Decanters, to clean, 524
 Deer, to dress the umbles of, 202
 Derby cakes, how to make, 391
 Devil of turkey's legs, 345
 Devonshire squab pie, 281; herb pie, 285; junket, 386
 Diarrhoea, how to treat, 563
 Diet, observations on, 530
 Diet bread, to make, 435; diet bread cake, 398
 Dinners, rules for the arrangement of, 498
 Dishes, directions for made, 44
 Dory, how to dress John, 247
 Dripping, how to pot, 103
 Drops, to make ginger, 407; peppermint, 408; lemon, *ibid*; ratafia, *ibid*
 Dropsy, treatment of the, 564
 Drowned, to recover persons apparently, 566
 Ducks, how to choose, 7; to truss, 28; sauce for, 65, 67; stuffing for, 85; to boil, 213; to roast, *ibid*; to stew—to hash—to braise, 214; alamode, *ibid*; to dress wild ones, 215; pie, 284; directions for breeding, 486
 Dumplings, yeast, 297; suet, *ibid*; Norfolk, 307; apple, 308
 Dutch sauces, 62, 81; way of salting beef, 88; baked pudding, 299; rice ditto, *ibid*; flummery, 349; cakes, 395; gingerbread, 405; way of preserving butter, 477
 Dyeing, receipts in, 553, 555
- E
- EAR, treatment of complaints in the, 561
 Ears, to dress lamb's, 193; calf's, 330; pig's, 337
 Eau de luce, to make, 553; sans pareil, *ibid*
 Economy, observations on domestic, 503
 Eels, how to choose, 14; to carve, 32; to collar, 109; to pot, *ibid*; broth, 118; soup, 142; to dress, 250; spitchocked, 251; pie, 286
 Eggs, how to choose, 16; sauce, 66; balls, to make, 85; omelets, 339; to poach, 340; fricassee of, 341; to fry with bacon, *ibid*; and spinach, *ibid*; various ways of dressing, 342, 344; pap, 352; preparations of, 358; wine, 360; egg mine pies, 368; proper ones for sitting, 483; advice concerning, 507, a nutritious diet, 533; to preserve, 549
 Elder buds and roots, to pickle, 429; wine, to make, 453, 454; syrup, 473
 Erysipela, now to treat, 558

Essence, of cayenne, 21; nutmeg, cloves, and mace, 53; cinnamon, 54; marjoram, lemon peel, allspice, and anchovy, *ibid*; celery, 56; ginger, *ibid*; of oysters, &c. *ibid*; orange, 384; of vinegar, 425; of flowers, 552; of lavender, *ibid*
 Eve's pudding, to make, 310
 Exercise, necessary to health, 525
 Eyes, on the treatment of the, 536; inflammation of the, 561

F

FACE, wash for the, 553
 Fainting fits, how to treat, 562
 Family soup, a, 139; bread, 434
 Fawn, to dress a, 202
 Feathers, how to keep, 490; to cleanse, 556
 Filtering machine, a simple, 550
 Finings for wine, 461; to make alum, 470
 Fires, means of extinguishing, 539, 550; balls to kindle, *ibid*; to secure wood from, *ibid*; means of escaping from, 551
 Fish, how to choose, 10; two kinds of salt, 15; to carve, 31; gravy for, 52; jelly to cover, 53; salad sauce for, 61; Dutch sauce for, 62; other sauces, 73, 74; forcemeat, 86; stock, to make, 114; how to dress, 229; pies, 238; a nutritious diet, 532
 Flannel, benefit of wearing, 528; to keep from shrinking, 546
 Flatulence, how to treat, 558
 Fleas, to destroy, 541
 Flemish soup, to make, 127
 Flies, to destroy, 541
 Floating Island, 389
 Florendine of veal, 171; hare, 226
 Flounders, to choose, 12; soup, 142; to boil, 244; to fricassee, *ibid*; pie, 238
 Flour pap, to make, 352
 Flowers, to make oil of, 552; essence of, *ibid*
 Plummary, various ways of making, 349
 Fool, gooseberry, 386; orange, 387
 Forcemeat stuffings, to make, 83; for veal, 84; turkey, *ibid*; hare, *ibid*; balls, 85; fish, 86
 Fowls, how to choose, 6, 8; to truss, 28; to truss wild, 29; to carve, 36, 37; gravy for, 52; lemon sauce for boiled, 62; celery sauce for, 69; orange gravy sauce for wild, 75; stuffing for, 84; to marinade, 344; to dress legs of, *ibid*; on the management of, 482; considered as diet, 532
 Fraze, to dress almond, 315; bacon, 348
 French bread, to make, 434; rolls, 436
 Fricandeau of beef, 161; of veal, 170; of pigeons, 218; tripe, 338
 Fricassees, of veal, 172; calf's head, 180; chickens, 207; pigeons, 217; rabbits, 228; salmon, 234; cod's sounds, 237; flounders, 244; soles, 247; eels, 250; oysters, 255; tongue, 321; palates, 323; sweetbreads, 326; calf's feet, 329; lamb stones, 335; tripe, 338; eggs, 341; a Bloomsbury, 344
 Fritters, to make various, 310
 Frontignac, to make English, 448
 Fruit, puffs of preserved, 370; in jelly, 376; biscuits of, 388; directions for preserving, 409; in brandy, 414; artificial, 423; nutritious, 534
 Frying, directions for, 43
 Farmenty, to make, 351

G

GAGES, to keep green, 412, 420
 Game, directions for choosing, 8; to truss, 29; to carve, 37; to pot, 102; soup, 137; to keep, 219; to dress, 220; quality of, 532
 Garlic vinegar, to make, 18; sauce, 70; gravy, 80
 Gates, to preserve, 551
 Geese, how to choose, 7; to truss, 28; to carve, 36; sauce for a goose, 65; sauce for green, 67; stuffing, 85; to pot, 101; to roast, 211; to boil, *ibid*; to ragout, *ibid*; goose a la mode, 212; marinated, *ibid*; to dress legs and wings of, *ibid*; to hash, 213; to make a goose pie, 283; how to rear, 487
 George pudding, to make, 300
 German horse radish sauce, 65; mode of dressing carp, 240; puddings, 304; fritters, 314; egg soup, 338
 Gherkins, to pickle, 425
 Gible soup, 134, 135; pie, 283; to stew giblets, 345
 Ginger, essence of, 56; cakes, 399; drops, 407; to candy, 421; pickled mock, 430; wine, 457; pop, 470; beer, 549
 Gingerbread, to make, 404; nuts, 405; orange, *ibid*
 Glass, to clean, 524
 Gloucester jelly, 356; green cheese, to make, 480
 Gloves, to dye leather, 555
 Gobbets, to stew beef, 161
 Gold, to clean, 548
 Golden cordial, to make, 465
 Gooseberry vinegar, to make, 19; sauce, 66; pudding, 309; pie 365, custard, 373; jelly, 376; jam, 378; fool, 386; to preserve gooseberries, 413; to bottle, 415; paste, 417; wine, 451
 Gout, treatment of the, 557
 Grapes, to keep, 412; wine made of English, 456

Grateful pudding, 507

Gravel, remedies for the, 564

Gravies, directions for making, 45, 52; a plain one, 48; how to draw, *ibid*; to keep, 49; cullis, 50; for roast meat, *ibid*; for boiled meat, *ibid*; veal, 51; without meat, *ibid*; a rich, *ibid*; for mutton, *ibid*; venison, *ibid*; fowls, 52; turkeys, *ibid*; fish, *ibid*; gravy sauce, 75; garlic gravy, 80; beef gravy, 81; stock, 114; soup, 119, 120; to stew eggs in gravy, 342

Grease, balls for taking out, 546

Green gages, to keep, 412; to dry, 420

Greens, to boil young, 263

Grenadines of duck, 345

Grill sauce, 82; shoulder of lamb to, 190; to grill salmon, 233

Griskin, to dress a pork, 195

Grouse, to dress, 222

Gruel, to make water, 353; barley, *ibid*; rice, *ibid*

Gudgeons, to choose, 14; to fry, 249

Guinea fowls, directions for purchasing, 8; to dress, 224; to rear, 486

Gullet, to remove obstructions in the, 566

HADDOCK, to choose, 13; to boil, 245; the Scotch way of dressing, *ibid*; to dry, *ibid*; to broil, *ibid*.
 Hæmorrhages, how to treat, 563
 Hæmorrhoids, remedies for the, 563

Haggis, a Scotch, 332

Hams, to choose, 5; to carve, 35; sauce, 65; pickle for, 87; to cure beef, 90; to cure, 94; the Yorkshire method, 95; New England mode, *ibid*,
 Westphalia hams, *ibid*; to pot, 96; mutton, 98;
 veal, *ibid*; to boil, 199; to roast, 200, pie, 278;
 patties, 290; eggs poached with sauce of, 340

Hare, to choose, 10; to truss, 30; to carve, 38, gravy for, 51; wine sauce for, 68; sweet sauce for, *ibid*; another sauce for, 78; stuffing for, 84; to pot, 101; soup, 136; beef to eat like, 161; to roast, 225; to jug, *ibid*; hotch-potch of, 226; to hash, *ibid*; to broil, *ibid*; a Florendine, *ibid*;
 larded, 227; pie, 285, nutritious, 532

Haricot of veal, 171; of mutton, 187

Harslet, to dress a pig's, 336

Hartshorn jelly, 375

Hashes, directions for making, 44; sauce for, 63; beef, 155, 156; veal, 171; calf's head, 180; mutton, 187; lamb, 190; venison, 201; turkey, 204; fowls, 206; chickens, 208; goose, 213; ducks, 214; partridges, 221; hare, 226

Hasty fritters, 312

Head, remedy for the scald, 565

Head-ache, remedies for the, 560

Health, precepts for, 525

Heart, to roast a bullock's, 321; to bake a, *ibid*; to roast a calf's, 328

Hedgehog, in confectionary, 386

Hemlock, a deadly poison, 510

Hen and chickens, a dish of mutton, 184

Henbane, a poison, 510

Herbs, Staffordshire way of dressing, 270; for salads, 272; to keep aromatic, 275; pie made of, 285; pudding, 310

Herrings, how to choose, 13; to pot, 110; to boil, 251; to broil, *ibid*; to fry, *ibid*; to bake, 252; to smoke, *ibid*; to dress red ones, *ibid*; pie, 289

Hessian soup and ragout, 122

Hiccup, remedies for the, 561

Hog's head, to prepare a, 96

... cheek, to dry, 97; puddings, to make, 104, 105; lard, to prepare, 106; ears, to force, 337

Hollands, to make English, 470

Honey-water, to make, 475

Honeycomb, a lemon, 390

Hooping cough, how to treat, 562

Hops, gooseberries in imitation of, 413

Horehound, to candy, 422

Horse-radish vinegar, to make, 18; sauce, 65

Hotch-potch, a winter, 132; of oxtail, 324; of mutton, 333

Hottentot pie, 285

Housekeeper, duty of a, 516

Housemaids, directions to, 516

Houses, on the situation of, 511

Hungary water, to make, 475

Hung beef, to prepare, 89

Hunter's beef, how to make, 88; pudding, 305; pie, 332

Hunting bread, to make, 435

Hypocreas, to make English, 472

Hysteric water, to make, 474

ICE, to prepare, 383; waters, 383, 384

... cream, to make Barbary, 382

Icing for tarts, 369; for cakes, 393

Imperial cream, 380; nectar, 467; water, 475

Indian pickles, to make, 430

Ink, how to make marking, 544; to make black, 556; red, *ibid*; to eradicate spots of, 546

- Insects, means of destroying, 541
 Intoxication, advice on, 564
 Irish beef, to prepare, 89; pancakes, 313; stew, 332; usquebaugh, 469
 Iron moulds, to remove, 545
 Iron, to clean cast, 542; to preserve from rust, *ibid.*
 Isinglass, to distinguish genuine, 22; jelly, 356
 Italian sauce, 79; beef steak, 160; collops, 177; pudding, 306
 Itch, how to treat the, 564
- J
- JAM, to make raspberry, 377; strawberry, *ibid.*; black currant, *ibid.*; blackberry, *ibid.*; apricot, 378; gooseberry, *ibid.*
 Jaun mange, how to make, 377
 Jaundice, how to treat the, 563
 Jelly for cold pies, 53; to cover fish, *ibid.*; stock, to make, 114; pigeons in, 219; prawns and crayfish in, 254; of pig's feet and ears, 336; small birds in savoury, 346; sago, 354; restorative, 355; shank, *ibid.*; tapioca, 356; Gloucester, *ibid.*; isinglass, *ibid.*; calf's foot, 374; hartshorn, 375; currant, *ibid.*; raspberry, *ibid.*; apple, 376; gooseberry, *ibid.*; rice, *ibid.*; savoury, *ibid.*; orange, *ibid.*; fruit in, *ibid.*
 Jessamine, oil of, 552
 Junket, to make a Devonshire, 386
- K
- KALE, to keep sea, 264
 Kidney pudding, to make, 294
 Kidneys, to dress beef, 324; calf's, 328; mutton rumps and, 333
 Kilkenny tripe, 338
 Knives and forks, how to clean, 521
 Knuckle of veal soup, 120
- L
- LACE, to clean gold and silver, 548
 Lady's maid, her duty, 516
 Lamb, how to choose, 4; to keep, 25; to carve joints of, 34; to collar, 100; to boil a leg of, 183; to roast, *ibid.*; hind-quarter, 189; to force a quarter of, *ibid.*; to roast a fore-quarter, *ibid.*; a shoulder, *ibid.*; ribs, 190; loin, *ibid.*; to boil grass lamb, *ibid.*; lamb chops and steaks, 191; lamb's head, *ibid.*; feet, 193; rumps and ears, *ibid.*; to dress pork as, 196; pie, 281; raised lamb pies, 282; to ragout a fore-quarter of lamb, 335; to dress lamb's sweetbreads, *ibid.*; fricassee of lamb's stones, *ibid.*; not so nutritious as mutton, 332
 Lampreys, to fry, 249; to stew, *ibid.*
 Landlord and tenant, laws concerning, 567
 Lard, to prepare hog's, 106
 Larder, on the management of the, 22
 Larks, how to truss, 30; to roast, 224
 Lavender water, to make, 473; essence of, 552
 Laver cake, how prepared, 270
 Laundry maid, her office, 518
 Laurel, poisonous effects of, 510
 Leaden vessels, unwholesome, 23, 509
 Leather, to render it water-proof, 547; to restore its blackness, *ibid.*
 Leek soup, to make, 143
 Lemons, to make syrup of, 82
 Lemon pudding, 302; mince pie, 368; puffs, 370; custard, 371; cheesecakes, 373; cream, 379; syllabubs, 385; honeycomb, 390; cakes, 397; drops, 408; prawnloaves, 409; to keep lemons, 415; conserve of, 419, to candy, 421; to pickle, 427
 Lemon peel, essence of, 54; sauce, 62, 70; tincture of, 83; syrup of, *ibid.*; for stuffing, 86; to candy, 421
 Lemon wine, 457; water, 475
 Lettuce, to dress eggs and, 342
 Leveret, to roast a, 225
 Lights, to dress calf's, 326, 329
 Linen, to get up, 518; to whiten, 545; to preserve it from damp, *ibid.*; permanent ink to mark, 544; to dye, 553, 554, 555; to restore scorched, 544; to take stains out of, *ibid.*
 Liver, to make gravy of, 52; and paraley sauce, 70, 73; puddings, 106; to dress calf's, 328; to dress livers of poultry, 344
 Lobsters, to choose, 15; how to serve, 32; sauce, 72, 73; to pot, 110; soup, 140; to boil, 252; to roast, 253; to stew, *ibid.*; buttered, *ibid.*; a curry of, *ibid.*; salad, 273; pie, 289; patties, 291
 Lovage, to make, 464
 Love apple sauce, 67
 Lumbago, remedy for the, 558
- M
- MACARONI soup, 143; pudding, 303; stewed, 347, 348; cordial, 468
 Macaroon custard pudding, 301; how to make macaroons, 400
 Mace, essence of, 53
 Mackarel, to choose, 13; to carve, 32; roe sauce, 66; to collar, 108; to pot and pickle, 109; to boil, 242; to broil, *ibid.*; to bake, *ibid.*
 Mahogany, to clean, 524; to polish, 542
 Maids, to dress, 248
 Maigne soup, to make, 127
 Malt liquor, how to brew, 439; an excellent beverage, 534
 Mangoes, to pickle cucumbers as, 425; melon, 428
 Marble, to clean, 543
 Marigold cheese, to make, 481
 Marinade of goose, 212
 Marjoram, essence of, 54
 Marketing, directions for, 1
 Marlborough cake, 399
 Marmalade, apple, 417; orange, *ibid.*; transparent, 418; for a cough, *ibid.*
 Marrow pudding, to make, 298; bones, to dress, 336
 Match, for sweetening casks, 460
 Mead, how to make, 447
 Meat, to purchase butcher's, 1; to carve, 33; directions for salting, 26; to preserve fresh, 549; to restore, *ibid.*
 Medical receipts, 557
 Methuein, to make, 447
 Mice, to destroy, 541
 Midcalf, to dress a, 330
 Mildew, to take out, 545
 Milk soup, 144; porridge, 334; rice, *ibid.*; millet, *ibid.*; asses', 359; artificial ditto, *ibid.*; punch, 471; how to keep, 478; its qualities, 533
 Millet pudding, 301; milk, 354
 Mince beef, 162; veal, 173
 Mince pies, patties resembling, 291; how to make, 367; without meat, 368
 Mint sauce, 67
 Mites, to destroy, 542
 Mock turtle soup, 123; mock mock turtle, 124
 Moor-game, to pot, 102
 Moths, to destroy, 542
 Mountain, to make English, 448
 Muffin pudding, 303
 Muffins, to make, 437
 Mulberries, to preserve, 411; syrup of, 419; wine, to make, 456
 Mulletts, to choose, 14; to dress, 247
 Mullogatawney soup, 137
 Mum, to make Brunswick, 472
 Muscles, to stew, 256; to ragout, 257
 Mushroom, catsup to make, 57; quintessence of, 59; to dry, *ibid.*; powder, 60; sauce, 62; varieties of, 269; to stew, *ibid.*; ragout, *ibid.*; to pot, 270; mushroom loaves, *ibid.*; to pickle, 423; dangerous effects of, 510
 Mustard, to make, 21; whey, 357
 Musty casks, to sweeten, 460
 Mutton, to choose, 3; to keep, 25; to carve joints of, 34, 35; to give the flavour of venison to, 51; sauce for chops, 56, 63; carrier sauce for 65; shalot sauce for boiled, 66; caper sauce for, *ibid.*; to cure hams of, 98, to collar a breast of, 99; broth of, 116; another broth of, 117; to boil a leg of, 181; to roast, 182; to force a leg, *ibid.*; a saddle, *ibid.*; to dress a haunch, 183; a neck, *ibid.*; a shoulder, *ibid.*; a breast, 184; a loin, *ibid.*; chops, 185; collops, 187; cutlets, *ibid.*; to hash, *ibid.*; ragout, *ibid.*; haricot, *ibid.*; bekobbed, 188; pasty of, 281; mutton pie, *ibid.*; pudding, 294; to dress a chine of, 330; a hotch-potch of, 333; rumps and kidneys, *ibid.*; its nourishing qualities, 552
- N
- NAPLES biscuits, 402
 Nasturtiums, to pickle, 427
 Nectar, to make imperial, 467
 Nelson pudding, 305
 Net cheese, to make, 481
 New college pudding, 302
 New-England, way of curing hams in, 95; pan cakes, 311
 Nightmare, to prevent the, 562
 Noddy puddings, 304
 Norfolk dumplings, 307; pudding puffs, 371; punch, 471
 Nottingham pudding, 308
 Noyeau, to make French, 468
 Nun's cake, 399
 Nursery, cookery for the, 352
 Nutmeg, essence of, 53
- O
- OATCAKES, to make, 437
 Oatmeal puddings, 106, 297; pap, 353
 Obstructions in the gullet, 566
 Oil, substitutes for olive, 47, 272; to take out spots from cloth, 546; to clean books from stains of, 548; to purify linseed, 551; of flowers, 552
 Olive sauce, 76
 Olives, to dress beef, 157
 Omelets, how to make, 330, 340
 Onion sauce, 68, 69, 70; soup, 144, 145; beef steaks and onions, 159; to mash potatoes and, 259; to roast, 262; ragout of, *ibid.*; to stew, *ibid.*; to keep onions, 274; sheep's tongue and 334; to pickle onions, 426

Orange gravy sauce, 75; syrup, 83; peel syrup, *ibid*; the same for stuffings, 86; fritters, 314; posset, 356; puffs, 371; custard, *ibid*; cheesecakes, 373; jelly, 376; cream, 380; orange water ice, 384; essence for ditto, *ibid*; fool, 387; cakes, 397; biscuits, 403; prawnings, 409; to preserve, 412; to keep, 416; marmalade, 417; conserve of, 419; syrup, *ibid*; to candy the peel of, 421; to candy chips, *ibid*; wine, 450; brandy, 467; water, 475
 Orgeat, to make, 360; orange-sade, *ibid*; paste of, 417; syrup, 419
 Ornaments for a table, 423
 Orotolans, to dress, 224
 Ox-cheek, to pot, 91; soup to make, 121; to stew, 163; to make an ox-cheek pie, 280
 Ox-heel soup, to make, 122
 Ox-tail soup, 121
 Oxford sausages, 103; John, 331; cakes, 395
 Oysters, to choose, 15; essence of, 56; catsup, 59; sauce, 71; powder, *ibid*; to pickle, 111; soup, 140; with beef steaks, 159; to feed, 254; to dress, 255; loaves, 256; pie, 289; patties, 291; powder, to make, 460
 Oystermouth soup, 140
 P
 Paint, to clean, 543
 Painting, cheap method of, 551
 Paintings, to clean, 543
 Palates, to dress beef, 322; rolled, *ibid*; as cutlets, 323; to fricassee, *ibid*; to roast, *ibid*
 Palings, method of preserving, 551
 Panama, to prepare, 358
 Pancakes, directions for making, 310; cream, 311; rice, *ibid*; Irish, *ibid*; wafer, *ibid*; New England, *ibid*; pink, 312
 Pap, to make different sorts of, 352
 Paper, to take grease out of, 547; to clean hangings of, 543; blue dye for, 555
 Parchments, to restore damaged, 547
 Parmesan and cauliflower, 264
 Parsley and butter sauce, 47; and liver sauce, 70; fried and crisped, 75; and veal pie, 278; parsley pie, 286
 Parsnips, to boil, 261; to keep, 274; nutritious, 534
 Partridges, to choose, 8; to truss, 29; to carve, 37; to pot, 102; soup, 135; to boil, 220; to roast, 221; to stew, *ibid*; to hash, *ibid*; to dress with cabbage, *ibid*; pie, 284; a la Braise, 346
 Paste, for savoury pies, 276; sheep's tongues in, 335; to make a rich puff, 364; to make raspberry, 416; currant, 417; gooseberry, *ibid*; almond, *ibid*; orgeat, *ibid*; pyramid paste, 423; to make strong, 544
 Pastry, the art of making, 363; cream for, 379
 Pasty, to make venison, 280; of beef or mutton, 281
 Patties, paste for, 290; fried, *ibid*; beef, *ibid*; veal and ham, *ibid*; turkey, 291; oyster, *ibid*; lobster, *ibid*
 Peaches, to preserve, 410; to dry, 420
 Pears, to stew, 388; to bake, *ibid*; to preserve, 414; Jargonel pears, 416; compote of, *ibid*
 Pea fowl, how to manage, 486
 Pea powder, to make, 60; soup, 127, 128, 129; pickled pork and pea soup, 130
 Peas, to stew dark and green, 213; to dress asparagus, 265; to boil green, *ibid*; to stew, 266; to keep, 274; green pea tart, 366; wholesome, though flatulent, 534
 Pepper, how adulterated, 19; kitchen, 20; cayenne, *ibid*; essence of, 21
 Peppermint drops, 408; to make, 462; water, 473
 Pepper pot, to make a, 331
 Perch, to choose, 14; to dress, 243
 Perfumery, receipts in, 552
 Perry, to make, 461
 Persian pilaw, to make, 331; mode of making yeast, 549
 Petticoes, to dress pig's, 336
 Pheasants, to choose, 8; to truss, 29; to carve, 37; to boil, 220; to roast, *ibid*; to stew, *ibid*
 Pewter, to clean, 544
 Phosphorus bottles, to make, 556
 Pickling, pork and beef, 86, 89; tongues, 91; pigeons, 101; salmon, 107; sturgeon, 108; mackerel, 109; oysters, 111; smelts, 248; rules for, 424; sugar vinegar, *ibid*; wine, 425; essence of vinegar, *ibid*; gherkins, *ibid*; cucumbers, *ibid*; walnuts, 426; purple cabbage, *ibid*; onions, *ibid*; cauliflowers and broccoli, *ibid*; beet root, 427; French beans, *ibid*; lemons, *ibid*; samphire, *ibid*; mushrooms, 428; melons, *ibid*; barberries, *ibid*; potato-apples, *ibid*; elder buds, *ibid*; artichokes, 429; radish, *ibid*; mock ginger, 430; parsley, *ibid*; codlins, *ibid*; Indian pickle, *ibid*; asparagus, 431
 Pies, jelly for cold, 53; sauce for fish, 74; sauce for savoury, 77; to make paste for savoury, 276; a family pie crust, *ibid*; raised pies, *ibid*; beefsteak, 277; veal, *ibid*; veal and ham, 278; raised ham, *ibid*;

raised French, *ibid*; veal and parsley, *ibid*; calf's head, 279; calf's feet, *ibid*; sweetbread, *ibid*; ox-cheek, 280; a Dartmouth, *ibid*; Devonshire squab pie, 281; mutton, *ibid*; lamb, *ibid*; raised pork pies, 282; Shropshire pie, *ibid*; chicken, 283; goose, *ibid*; giblet, *ibid*; duck, 284; pigeon, *ibid*; partridge, *ibid*; hare, 285; rabbit, *ibid*; flintotot, *ibid*; vegetable, *ibid*; herb pie, *ibid*; parsley pie, 286; turnip, *ibid*; potato, *ibid*; eel pie, *ibid*; turbot, 287; carp, *ibid*; cod, *ibid*; salmon, *ibid*; trout, 288; tench, *ibid*; flounder, *ibid*; sole, *ibid*; lobster, 289; oyster, *ibid*; herring, *ibid*; pilchard and leek, *ibid*; vermicelli, 290; hunter's, 332; apple pies, 365; gooseberry, *ibid*; rhubarb, *ibid*; mince pies, 367, 368; cream for fruit pies, 369, 381
 Pig, to carve a roasted, 35; sauce for a, 78; to collar a sucking, 97, 98; to scald a sucking, 196; to roast, *ibid*; to bake, 197; to barbecue, *ibid*; pig an Pere Duillet, *ibid*; old methods of roasting, 198; to dress the petticoes of, 198, 336; to dress a pig's cheek, *ibid*; to roast the harlet of a, 336; to dress the feet and ears of a, *ibid*
 Pig's head, to collar, 96; to roast, 199
 Pigeons, to choose, 7; to truss, 30; to carve, 38; to pot, 101; to pickle, *ibid*; soup, 137; to boil, 215; to roast, *ibid*; to broil, *ibid*; to stew, *ibid*; a compote of, 216; a la crapandine, *ibid*; a la daube, *ibid*; in a hole, 217; en surtot, *ibid*; to fricassee, *ibid*; a fricandeau of, 218; in jelly, 219; pie, 284; how to rear, 488
 Pike, to choose, 14; to pot, 110; to boil, 241; to roast, *ibid*; to bake, 242; to stew, *ibid*
 Pilaw of veal, 178; a Persian, 331; a Turkish, *ibid*
 Pilchards, description of, 13; pie, 289
 Piles, how to treat the, 563
 Pineapple water ice, 384; to preserve, 411
 Pink dye, a, 555
 Pipers, to dress, 247
 Pippin pudding, 308; tart, 366; to stew golden pippins, 388
 Piquante sauce, 68
 Pistachio prawnings, 408
 Plaice, to choose, 12; to dress a large, 244
 Plate, directions for cleaning, 522
 Plovers, to choose, 9; to carve, 38; to dress, 224
 Plum cakes, to make, 392
 Poisons, on culinary, 508, 510
 Poison, advice in cases of, 566
 Poivrade sauce, 74
 Pomade divine, 552
 Pomatum, to make, 552
 Pontiff sauce, 77
 Poor, cookery for the, 361
 Poor man's sauce, 75
 Poppy brandy, to make, 467; water, 473
 Porcupine of beef, 152; of veal, 169
 Pork, to choose, 4; to manage, 25; to carve a leg of, 35; sauce for roast, 65; how to pickle, 86, 87; Captain Cook's method, 93; broth, 118; and peas, 130; directions for dressing, 193; a leg roasted, *ibid*; as mock goose, 194; to boil, *ibid*; to roast a chine, *ibid*; a loin, 195; pork steaks, *ibid*; a spare rib, 196; as lamb, *ibid*; to dress pickled, 199; pies, 282; to roast a collared neck of, 336; a nutritious diet, 532
 Porridge, to make milk, 354
 Portable soup, to make, 125, 126
 Port, English, to make, 448
 Portugal beef, to make, 157; cake, 395
 Possets, to make different, 357
 Postilla, raspberry, 387; apple ditto, *ibid*
 Potatoes, starch, to make, 60; soup, 138; how to choose, 258; to boil, *ibid*; to mash, 259; to roast, *ibid*; to fry, 260; balls, *ibid*; snow, *ibid*; how to keep, 273; pie, 286; fritters, 313; cheesecakes, 374; Lent, 389; yeast, 433; bread, 435; rolls, 436; a nutritious food, 533; to preserve, 548; to make starch of, *ibid*
 Potash cakes, 398
 Pot pourri, to make, 552
 Potting, general rules for, 45; to pot beef, 90; ox-cheek, 91; tongues, *ibid*; hams, 96; ham and chickens, *ibid*; to pot veal, 98; venison, 100; hare, 101; pigeons, *ibid*; geese and turkeys, *ibid*; small birds, 102; woodcocks, *ibid*; partridges, *ibid*; moorgame, *ibid*; cowheels, *ibid*; dripping, 103; cheese, *ibid*; salmon, 108; eels, 109; mackerel, *ibid*; lobster, 110; prawns and shrimps, *ibid*; herrings, *ibid*; pike, *ibid*; smelts, 111
 Poultry, to choose, 6; to carve, 36; gravy for, 52; curry balls for, 85; to dress, 202; ragouts of, 210; to dress the livers of, 344; directions for the management of, 482
 Powder, to make ragout, 60; pea, *ibid*; oyster, 71
 Prawnings, to make, 408
 Prawns, to choose, 15; soup, 141; to butter, 254 in jelly, *ibid*; to stew, *ibid*
 Preserving, directions for, 409; apricots, *ibid*;

- peaches, 410; quinces, *ibid*; cherries, *ibid*; currants, *ibid*; mulberries, 411; strawberries and raspberries, *id*; pineapple, *id*; barberries, 412; grapes, *id*; codlins, *id*; golden pippins, *id*; green gages, *id*; oranges, *id*; citrons, 413; gooseberries, *id*; fruits in brandy, 414; pears, *id*; damsons, *id*
- Prince's cordial, to make, 463
- Prussian cakes, 396
- Prune tarts, to make, 366
- Puddings, sauce for plum, 77; to make hog's, 104, 105; liver, 106; oatmeal, *id*; directions for making, 292; paste for boiled, 293; batter, *id*; beef steak pudding, *id*; kidney, 294; mutton, *id*; potato, *id*; cottage ditto, *id*; Yorkshire, 295; savell pudding, *id*; calf's foot, *id*; bread, *id*; puddings in haste, 296; bread and butter pudding, *id*; oatmeal, 297; peas pudding, *id*; suet ditto, *id*; veal suet ditto, 298; marrow, *id*; my pudding, *id*; plum ditto, 299; Dutch baked pudding, *id*; rice ditto, *id*; a George pudding, 300; millet, 301; custard, *id*; carrot, *id*; New College pudding, 302; orange, *id*; amber, *id*; lemon, *id*; almond, *id*; muffin, 303; sago, *id*; macaroni, *id*; quaking, *id*; duke of Cumberland's, 304; noddly puddings, *id*; German, *id*; a transparent, *id*; a pudding soon made, *id*; a Welsh pudding, *id*; buttermilk, 305; curd, *id*; Thetford, *id*; Nelson, *id*; hunter's, *id*; a cow-slip, 306; an Italian, *id*; a Spinach, *id*; lady Sunderland's, *id*; Barley, *id*; citron, *id*; quince, 307; a green bean pudding, 307; grateful, *id*; a sparrow, *id*; boiled apple, *id*; Boston apple, 308; Nottingham, *id*; pippin, *id*; a Charlotte, *id*; spring fruit, 309; apricot, *id*; tansy, *id*; a chestnut, *id*; brandy, 310; Eve's, *id*; herb, *id*; queen's, *id*; pudding for the poor, 362
- Puffs, apple, 369; light, *id*; almond, *id*; curd, 370; chocolate, *id*; lemon, *id*; small ones, *id*; preserved fruit, *id*; sugar puffs, *id*; Norfolk pudding puffs, 371; orange, *id*
- unch, an excellent, 471; milk, *id*; Norfolk, *id*; common, *id*
- Pyramid paste, to make, 423
- QUAILS, to roast, 224
- Quaking pudding, to make, 303
- Queen cake, how to make, 392; cordial, 464
- Queen's sauce, 76
- Queen's pudding, 310
- Quince pudding, to make, 307; cakes, 397; wine, 456
- Quinces, to preserve, 410; conserve of, 418
- Quin's sauce for fish, 73
- Quinsy, how to treat the, 558
- RABBITS, to choose, 10; to truss, 30; to carve, 38; to roast, 227; to boil, *id*; fricassee of, 228; en casserole, *id*; en matelot, *id*; surprised, *id*; en gallantine, 229; pie, 235; to make a Welsh rabbit, 350; to breed rabbits, 490
- Radish pods, to pickle, 429
- Radishes, their useful qualities, 534
- Ragouts, direction for making, 44; powder for, 60; sauce for, 81; a Hessian, 122; of beef, 156; of cold veal, 172; mutton, 187; turkey, 204; poultry, 210; goose, 211; cod, 237; oysters, 255; muscles, 257; onion, 262; celery, 268; mushrooms, 269; tongue, 269; of palates, 322; sweet-breads, 326; calf's feet, 330; of quarter of lamb, 335
- Raisin wine, to make, 449
- Ramkins, to make, 315
- Raspberry vinegar, to make, 17; fritters, 315; tart, to make, 366; jelly, 375; jam, 377; vinegar water, 384; postilla, 387; cakes, 397; to preserve raspberries, 411; paste, 416; wine, 456; brandy, 467
- stiffa cream, to make, 379; cakes, 397; drops, 408; to make, 464, 465
- Rats, to destroy, 541
- Ravigote sauce, to make, 75
- Razor strops, to keep in order, 547
- Receipts, domestic, 542; in perfumery, 552; medical, 557
- Restoratives, how to prepare, 355, 358
- Rheumatism, how to treat the, 538
- Rhubarb pie, to make, 365; cakes to candy, 422
- Rice sauce, to make, 65; soup, 144; to boil fowls with, 205; puddings, 299, 300; pancakes, 311; fritters, 312; dish of, 348; buttered, 349; carole of, *id*; flummery of, *id*; gruel, 353; milk, 354; custard, 372; cheesecakes, 374; jelly, 376; cake, 393; bread, 435; its nutritious quality, 533
- Risoles, to fry, 347
- Roasting, general directions for, 40
- Roast meat, gravy for, 50; sauce for, 80; to stew sorrel for, 265
- Robert sauce, to make, 63
- Rolls, to dress veal, 325; French, 436; Bath, *id* potato, *id*
- Roofs, composition for wooden, 551
- Rose water, to make, 475, 552
- Ruffs, to roast, 224
- Rump soup, 133; and ears, to dress lamb's, 193, and kidneys, 333; a la Braise, *id*
- Rusks, to make, 438
- Russian sauce, to make, 78; way of preserving peas, 274
- Rust, to prevent, 542, 544
- Rutland bride cake, 393
- Sack posset, to make, 357; cream, 381; to make English, 448
- Saffron cakes, 398
- Sage and onion sauce, 71
- Sage cheese, to make, 479
- Sago pudding, 303; jelly, 354; to prepare, 362
- Salad sauce, 61, 77
- Salads, rules for making, 271; substitute for oil in, 272; forms of making, *id*; for the winter, *id*; salad mixture, *id*; boiled, 273; a French salad, *id*; lobster, *id*; of brocoli, *id*; to boil eggs for, 341
- Sally Lun's teacakes, 438
- Salmagundi, to make, 350
- Salmon, to choose, 10; to carve, 32; to dry, 106; to pickle, 107; to collar, *id*; to pot, 108; to boil, 231; to broil, 232; to bake, 233; grilled, *id*; Geneva way of dressing, *id*; scalloped, 234; fricassee of, *id*; pie, 287
- Saloop, to make, 356
- Salt, to prepare for table, 16
- Salting meat, directions for, 26, 87, 93
- Samlet, to choose, 11
- Samphire, to pickle, 427
- Sanders beef, to dress, 162
- Sandwiches, to make, 348
- Sauces, rule for making, 53; essences, 54; anchovy, 55; soy, *id*; for chops and steaks, 56; catsup, 57; quintessence of mushrooms, 59; ragout powder, 60; a super-excellent, 61; vegetable, *id*; salad sauce, *id*; bread, *id*; for a turkey, 62; mushroom, *id*; lemon, *id*; Dutch, *id*; sauce Robert, 63; for steaks and chops, *id*; for hashes, *id*; for minced or hashed veal, 64; browning for, *id*; rice, 65; carrier, *id*; Benton, *id*; ham, *id*; bonne-bouche, *id*; horse-radish, *id*; gooseberry, 66; mackerel-roe, *id*; egg, *id*; shalot, *id*; caper, *id*; mock ditto, 67; sorrel, *id*; for green geese, *id*; mint, *id*; tomato, *id*; piquante, 68; currant, *id*; for venison or hare, *id*; onion, *id*; apple, 69; celery, *id*; liver and parsley, 70; lemon and liver, *id*; garlic, *id*; Spanish or Portuguese onion, *id*; brown onion, *id*; sage and onion, 71; oyster, *id*; preserved oysters, *id*; shrimp, 72; lobster, *id*; for lobsters, 73; fish, *id*; liver for fish, *id*; a la craster, *id*; fish sauce without butter, 74; for fish pies, *id*; poivrade, *id*; orange gravy, 75; dried and crisped parsley, *id*; a la Tartare, *id*; poor man's, *id*; for boiled tripe, 76; olive, *id*; carrot, *id*; turnip, *id*; for small birds, *id*; a la reine, *id*; for a savoury pie, 77; royal, *id*; allemand, *id*; pontiff, *id*; for plum pudding, *id*; a la salade, *id*; Savoy, 78; for a pig, *id*; for a hare, *id*; Russia, *id*; chevill, *id*; bechamel, 79; cheap white, *id*; ravigote, *id*; a la Italienne, *id*; chevreuil, 80; a la Espagnole, *id*; for roast meat, *id*; cucumber, 81; Dutch, *id*; for a loin of veal, *id*; wow-wow, *id*; beef gravy, *id*; for turtle, 82; grill, *id*
- Saucepans, to tin, 548
- Sausages, to make, 103; Oxford, *id*; to eat cold, *id*; Bologna, 104; German, *id*; veal, 326
- Savalloys, how to make, 104
- Save-all pudding, 295
- Savoy sauce, 78; biscuits, 403
- Savoys, to dress, 263
- Scald head, remedy for, 565
- Scalds, how to treat, 565
- Scarlet, to take spots out of, 545; to extract carmine from, 556
- Scorbatic affections, how to treat, 559
- Scotch mutton broth, 116; barley broth, *id*; soup, 132; collops, 176; way of cooking haddocks, 245; to dress a haggis, 332
- Sea kale, to dress, 264
- Seed cake, to make, 391, 392
- Servants, duty of masters to, 504; hints and directions to, 513
- Shalot vinegar, to make, 18; sauce, 66
- Shank jelly, to make, 355
- Sheep's trotters, to dress, 334; tongues, *id*; brains, *id*
- Sheets, to detect damp, 556
- Shelford pudding, 305
- Shrewsbury cakes, 394
- Shrimps, to choose, 15; sauce, 72; to pot, 110; to butter, 254

- Shropshire pie, 282
 Shrub, to make, 468; currant ditto, 469
 Sick, cookery for the, 352
 Silk, to clean, 545; black dye for, 554; yellow ditto, *id*
 Silver, to clean, 548
 Sippets, to make fried, 64; for weak stomachs, 355
 Sirloin of beef, to carve, 33; to roast a, 150; to force the inside of a, 151; mock hare made of, *ibid*.
 Skate, to choose, 12; to dress, 248
 Smells, to correct foul, 556
 Smelts, to choose, 11; to pot, 111; to fry, 248; to pickle, *ibid*
 Snipes, to choose, 9; to truss, 29; to carve, 38; to dress, 223, 224
 Snow, to make potato, 260; cream, 380; balls, 389; a dish of, *ibid*
 Soap, how to keep, 508; to make Windsor, 553; essence of, *ibid*; substitute for, 549
 Soles, to choose, 12; to carve, 32; to dress, 246, 247; pie, 268
 Somersetshire way of curing bacon, 92
 Sorrel sauce, 67; soup, 134; shoulder of lamb and, 190; to stew spinach and, 264; to stew, 265; eggs and, 342
 Soups, general rules for making, 112; stocks, 114; gravy, 118, 119; knuckle of veal, 120; soup and bouilli, *ibid*; ox cheek, 121; ox tail, *ibid*; ox heel, 122; calf's head, *ibid*; Hessian, *ibid*; mock turtle, 123; other ways, 124; mock mock ditto, *ibid*; portable, 125, 126; soup maigre, 127; Flemish, *ibid*; pea, *ibid*; green pea, 128; plain ditto, *ibid*; white pea, 129; rich pea soup, 130; asparagus, *ibid*; white, 131; excellent, 132; Scotch, *ibid*; rump, 133; vermicelli, *ibid*; sorrel, 134; giblet, *ibid*; partridge, 135; hare, 136; game, 137; pigeon, *ibid*; a la Reine, *ibid*; mullogotawney, *ibid*; transparent, 138; soup a la sap, *ibid*; potato, *ibid*; family, 139; marquis's white, *ibid*; curry, *ibid*; oyster, 140; oystermouth, *ibid*; lobster, *ibid*; crayfish and prawn, 141; eel, 142; flounder, *ibid*; leek, 143; macaroni, *ibid*; rice, 144; milk, *ibid*; white onion, *ibid*; brown onion, 145; carrot, *ibid*; turnip, 146; Spanish, *ibid*; celery, *ibid*; vegetable, 147; economical, *ibid*; baked, 361; for the poor, 362; for the weak, *ibid*
 Sour cream, to make, 271
 Souse for brawn, 97
 Soy, to make English, 55
 Spanish onion sauce, 70; garlic gravy, 80; soup, 146; cream, 382; syllabub, 385
 Spare-rib, to dress a, 196
 Sparrow pudding, 307
 Spectacles, caution in the use of, 537
 Spinach, leg of mutton with cauliflowers and, 181; to dress, 264; with sorrel, *ibid*; pudding, 306; eggs and, 341; cream, 381; its effects, 533
 Spirits, remedy for low, 562
 Sponge cake, 396
 Spoonmeats, to make, 352
 Sprains, how to treat, 565
 Sprats, to choose, 13; to broil, 252
 Spring fruit pudding, 309
 Sprouts, to dress, 263
 Spruce beer, to make, 445
 Squab pie, to make, 284
 Staffordshire way of dressing herbs, 270
 Stains, to take out of tables, 542; from linen, 544
 Starch, how to purchase, 507; to make, 520; to make potato, 548
 Steaks, sauce for, 56, 63; to broil beef, 158; to fry, 159; and onions, *ibid*; Staffordshire way of dressing, *ibid*; the Italian way, 160; to stew rump, *ibid*; to stew mutton, 186; French way of dressing, *ibid*; pork, 195; to broil venison, 201; to make beef-steak pie, 277; pudding, 293, 294
 Steeple cream, 382
 Stews: to stew a rump of beef, 149; a brisket, 153; a leg of beef, *ibid*; rump steaks, 160; beef gobbets, 161; ox cheek, 163; a knuckle of veal, 164; a fillet, 166; a neck, 167; a breast, 169; a calf's head, 179; a loin of mutton, 184; mutton steaks, 186; a shoulder of venison, 201; turkey, 204; chickens, 207; ducks, 213; pigeons, 215; pheasants, 220; partridges, 221; cod, 235; carp, 240; pike, 242; trout, 243; soles, 246; lampreys, 249; lobsters, 253; prawns, 254; oysters, 256; muscles, *id*; onions, 262; spinach, 264; sorrel, 265; peas, 266; cucumbers, 267; cardoons, 268; celery, *id*; mushrooms, 269; tongue, 319; palates, 323; Irish stews, 332; sheep's brains, 334; eggs, 342; giblets, 345; macaroni, 349
 Stilton cheese, how made, 480
 Stock, to make gravy, 114; jelly, *id*; fish, *id*.
 Stockings, on cotton and thread, 529
 Stomach, pain of the, how to treat, 560; cramp of the, 562
 Stone remedy for the, 562
 Stone chimney-pieces, to blacken, 543
 Stoves, to clean polished, 542
 Strawberry fritters, to make, 314; jam, 377: to preserve strawberries, 411
 Stuffings, forcemeat, rule for making, 83; veal, 84; boiled turkey, *id*; hare, *id*; goose or duck, 85; orange or lemon peel for, 86
 Sturgeon, to choose, 12; to pickle, 108; an imitation of, *id*; to boil, 238; to roast, *id*; to broil and bake, 239
 Suet pudding, 297; veal suet ditto, 298
 Suffolk dumplings, to make, 297
 Sugar puffs, to make, 370
 Sugar, to clarify, 406; devices in, 407; of roses *id*; barley, *id*; vinegar, to make, 424; how to purchase, 506
 Sunderland, lady, her pudding, 306
 Suppers, dishes for, 348; how to arrange, 503
 Surfeit water, 474
 Sweetbread pie, 279; to fricassee sweetbreads, 326; to roast, *id*; a ragout of, *id*; to force, *id*; a la Daube, 327; en Jardinier, *id*; a la Dauphine, *id*; lamb's, 335
 Sweetmeat cakes, 400; biscuits, 403; to make sweetmeats, 406; to colour, 407
 Swine, how to treat and rear, 490
 Syllabubs, to make, 384, 385
 Syrups, to make, 82; lemon, *id*; orange, 83, 419; capillaire, *id*; cloves, *id*; orgeat, *id*; mulberries, *id*; elder, 473
 T
 TABLE, arrangement of the dining, 499
 Tables, to clean mahogany, 524, 542
 Tansy pudding, 309; fritters, 315
 Tapioca jelly, to make, 356
 Tarragon vinegar, to make, 17
 Tarts, directions for making, 363; cranberry, 365; ripe fruit, *id*; preserved fruit, 366; pippin, *id*; prune, *id*; raspberry, *id*; green pea, *id*; transparent, *id*; almond, 367; tart de moi, *id*; angelica, *id*; chocolate, *id*; icing for, 369; cream for, *id*.
 Tea, to make beef, 115; cream, 378; cakes, 396, 436; its salubrious qualities, 534
 Teeth, preservatives of the, 535, 561
 Tendons of veal, to dress, 325
 Temple, a Chinese, 423
 Tench, to choose, 14; to dress, 243; to fry, 244; pie, 288
 Throat, inflammation of the, remedy for, 558
 Thornback, to dress, 248
 Tin, to clean block, 544
 Tinning copper vessels, 548
 Tincture of allspice, 54; lemon peel, 83
 Toast, to make anchovy, 351; toast and water, to make, 355
 Tomata sauce, 67
 Tongues, to carve, 35; to pickle, 87, 91; to pot, *id*; to salt, 92; to boil, 319; to stew, *id*; roasted with udder, *id*; tongue and udder forced, 320; to bake, *id*; in disguise, *id*; ragout of, *id*; to roast, 321; fricassee of, *id*; to fry, *id*; sheep's tongues, to dress, 334; chicken and tongue, 346
 Toothache, remedies for the, 561
 Transparent soup, 138; pudding, 304; tarts, 366
 Treacle and vinegar, to make, 360; beer to brew, 446
 Trees, injurious near windows, 511
 Trifle, to make, 383
 Tripe, sauce for, 76; to boil, 337; to fricassee, 338; to fry in butter, *id*; soused, *id*; a la Kinkenny, *id*; fricandeau of, *id*.
 Trotters, to dress sheep's, 334
 Trout, to choose salmon, 11; common, *id*; to boil, 242; to broil, 243; to fry, *id*; to stew, *id*; to dress in the Genevan way, *id*; pie, to make, 288
 Trussing, directions for, 27
 Tunbridge cakes, 394
 Turbot, to choose, 12; to carve, 32; to boil, 230; to bake, 231; to fry, *id*; pie, 287
 Turkeys, to choose, 6; truss, 27; to carve, 37; gravy for, 52; sauce for, 62; celery sauce for, 69; stuffing for, 84; to pot, 101; to boil, 202; to roast, 203; pulled, *id*; to stew, 204; a la Daube, *id*; ragout, *id*; to hash, *id*; ready dressed, 210; pat ties, 291; in a hurry, 344; to bedevil the legs of, 345; to rear, 485
 Turkish pilaw, to make, 331
 Turnips, sauce of, 76; soup, 146; to boil, 261; to mash, *id*; to dress turnip tops, 261; pie, 266; nutritious, 534
 Turtle, sauce for, 82; to make mock turtle soup, 123, 124; English way of dressing a turtle, 316; the Jamaica way of, 317; a plain way, 318
 Twelfth cake, how to make, 393; icing for, *id*
 U
 Udder, to dress tongue and, 319
 Umbles of deer, to dress, 202
 Uxbridge, to make, 469
 Uxbridge cakes, 396

- Varnishes, methods of making, 557
- Veal, to choose, 2; to keep, 25; to carve joints of, 33: gravy for, 51: sauce for minced, 64: sauce for a loin of, 81: forcement, 84: stuffing for, *id.* curry balls for, 85: to cure veal hams, 98; to pot: *id.* marble veal pottel, *id.* to collar a breast of, 99, broth, 116, 117: soup of knuckle of, 120: to boil a knuckle, 164: to ragout, *id.* to stew, *id.* to fry, 165: to roast a leg, *id.* to disguise a leg, *id.* to roast a fillet, *id.* to stew, 166: to roast a fillet with collops, *id.* a loin, *id.* chump a la Daube, *id.* a neck roasted, 167: larded, *id.* a la Braise, *id.* a la royale, *id.* a la bourgeoise, 168: a breast roasted, *id.* stewed, 169: rolled, *id.* to make a porcupine of, *id.* a fricandeau of, 170: bombarded, 171: a Florendine, *id.* harrico, *id.* to hash, *id.* a ragout of cold veal, 172: to fricassee a loin, *id.* to fricassee cold, *id.* loin of veal en epigram, *id.* veal olives, 173: to mince veal, *id.* veal cutlets, 174: larded, 175: a la Maintenon, *id.* cold veal scalloped, *id.* veal collops, *id.* Scotch collops, 176: French collops, 177: Italian, *id.* blanquet de veau, *id.* pilaw of veal, 178: to make veal pie, 277: veal and ham pie, 278: veal and parsley, *id.* veal olive pie, *id.* veal and ham patties, 290: veal suet pudding, 298: cold roast veal dressed white, 324: loin a la creme, *id.* tendons of, 325: veal rolls, *id.* veal cake, *id.* sausages, 326: qualities of, 532
- Vegetables, sauce of, 61: soup, 147: general directions for dressing of, 257: potatoes, 258: turnips, 261: carrots, *id.* parsnips, *id.* beet root, 262: onions, *id.* cabbage, *id.* savoy and sprouts, 263: coleworts, *id.* brocoli, *id.* cauliflowers, *id.* sea kale, 264: spinach, *id.* sorrel, 265: asparagus, *id.* green peas, *id.* peas, 266: French beans, *id.* Windsor beans, 267: artichokes, *id.* cucumbers, *id.* cardoons, 268: celery, *id.* mushrooms, 269: a vegetable dish, 270: to dress herbs, *id.* laver, *id.* sour crout, 271: proper ones for salads, 272: to keep, 273: pies, 285, 286
- Velvet, to take spots out of, 545
- Venison, to choose, 5: to keep, 25: to carve, 35: how to give the flavour of venison to mutton, 51: mutton gravy for, *id.* currant sauce for, 68: sharp sauce for ditto, *id.* to pot, 100: to collar, *id.* leg of mutton to eat like, 182: to roast a haunch, 200: to boil ditto, 201: to stew a shoulder, *id.* to hash, *id.* to broil venison steaks, *id.* to fry, *id.* pasty, 280: qualities of, 532
- Vermicelli soup, 133: pie, 290
- Vermion, to destroy, 541
- Vernon's, admiral, method of salting beef, 87
- Vinegar, to make common, 17: raspberry, *id.* taragon, *id.* basil, 18: cress, *id.* horse-radish, *id.* garlic, *id.* shalot, *id.* camp, 19: gooseberry, *id.* treacle and, 360: raspberry vinegar water, 384: singar, 424: wine, 425: essence of, *id.* aromatic, 549: of malt liquor, *id.*
- Wafers, 311: fritters, 314: cakes, 400
- Wafers, in confectionary, 370: for letters, 556
- Wainscot, to renew old, 543
- Walls, to prevent from damp, 551
- Walnut catsup, to make, 58
- alnuts, to keep, 415: to pickle, 426
- Warts, how to remove, 565
- Wash for the face, 553
- Washing, directions for, 518
- Water-gruel, to make, 353
- Water-proof, to render cloth, 546: leather ditto, 547
- Waters, to make various ice, 383, 384: to make different cordial, 473: means of procuring pure, 555
- Wax, to make sealing, 556
- Welsh pudding, 304: rabbit, 350: ale, 445
- Westphalia bacon, how cured, 92: hams, 95
- Wheatears, to truss, 30
- Whey, to make, 354: white wine, 357: mustard, *id.*
- Whigs, to make, 401
- Whipped cream, to make, 381: syllabubs, 385
- White pot, to make, 350
- White wine whey, to make, 357
- Whittings, to choose, 14
- Wight, Isle of, cracknels, 401
- Wild fowl, to truss, 29: sauce for, 75: to roast, 222
- Windsor ale, to brew, 445
- Windsor soap, to make, 553
- Wine posset, 357: mulled, 359: egg wine, 360: roll, 389: vinegar, to make, 425: bitters, 472
- Wines, art of making British, 447: mead, *id.* claret, *id.* Frontigniac, 448: champagne, *id.* port, *id.* mountain, *id.* sack, *id.* raisin wine, 449: currant, 450: orange, *id.* gooseberry, 451: cowslip, 452: elder, 453: elder flower, 454: Cyprus, *id.* damson, 455: cherry, *id.* raspberry, 456: blackberry, *id.* apricot, *id.* quince, *id.* mulberry, *id.* ginger, 457: lemon, *id.* clary, *id.* birch, 458: of English grapes, *id.* to restore pricked wines, 459: to keep from turning sour, *id.* to take off the ill scent of, 460: to sweeten, *id.* to cure ropy, *id.* finings for, 461: to make wine bitters, 472: essential properties of, 535
- Winter, a salad for, 272: to keep herbs for, 275
- Wood, composition to preserve roofs of, 551: to render it water-proof, 550
- Woodcocks, to choose, 9: to truss, 29: to carve, 38: to pot, 102: to boil, 223: to roast, *id.* en sur-tout, *id.*
- Woollen, to take stains out of, 546: to dye, 555
- Worms, remedies against, 540, 562: to preserve books from, 548: to preserve linen from, 545
- Wow-wow sauce, 81

Y

- Yeast dumplings, 297: to make yeast, 433: Persian mode of making, 549
- Yellow dye, to make, 554
- Yorkshire way of curing hams, 95: pudding, 295
- cakes, 436

DIRECTIONS FOR PLACING THE PLATES.

Frontispiece	to face the Title.
Trussing	27
Carving, Plate I.	31
———— Plate II.	33
———— Plate III.	36
———— Plate IV.	37
Marketing	497
Family Dinner.	498
Desserts	503

Weights & Measures.

Avoirdupois

gr dram 3

$$27\frac{1}{3} = 1$$

$$437\frac{1}{2} = 16 = 1 \text{ lb}$$

$$7000 = 256 = 16 = 1$$

gr 3 3

$$20 = 1$$

$$60 = 3 = 1 \text{ lb } 3$$

$$480 = 24 = 8 = 7 \text{ lb}$$

$$5760.288.96 = 12 = 1$$

apothecaries

$$60\frac{2}{3} = 3j$$

$$3viii = 3j$$

$$3xx = 0j$$

$$8 = 1$$

area Liquid Measures

$$4 \text{ Gills} = 1 \text{ pint } 24$$

$$8 \text{ " } 2 \text{ " } 1 \text{ Gall}$$

$$32 \text{ " } 8 \text{ " } 4 \text{ " } 1 \text{ Pin}$$

$$4\frac{1}{2} = 1 \text{ Pin}$$

Dry Measures.

$$2 \text{ pints} = 1 \text{ qt}$$

$$2 \text{ " } 1 \text{ pottle}$$

$$4 - 2 = 1 \text{ Gall.}$$

$$8 \text{ " } 4 \text{ " } 2 \text{ " } 1 \text{ Peck}$$

$$32 \text{ " } 16 \text{ " } 8 \text{ " } 4 \text{ " } 1 \text{ Bushel}$$

$$256.128.64.32 \text{ " } 8 \text{ " } 1 \text{ Quarter}$$

